SHORE BEACH SERVICE, INC

HILTON HEAD ISLAND BEACH PATROL

Junior Lifeguard Program

Summer 2017 Handbook

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Junior Lifeguards Standard Procedures

In order to provide a safe and comfortable learning environment, we request that all Junior Lifeguards act responsibly and act in accordance with the following rules:

- All Junior Guards must show up to class on time wearing their Junior Lifeguard t-shirts and footwear. Bring your handbook, sunscreen, water, and a snack.

- When being dropped off, all Junior Lifeguards must be signed in and signed out by a guardian.

- If walking or biking to camp, all Junior Lifeguards must have signed consent.

- No valuable items are allowed at camp. This includes cell phones, IPods, Kindles, or tablets of any kind.

- Junior Lifeguards must give instructors their full attention at all times.

- Act immediately when requested by an instructor.

- Come to camp with a positive attitude.

- Demonstrate good sportsmanship, especially during competition events.

- Be respectful and polite towards their fellow Junior Lifeguards and their instructors.

- Stay alert and attentive during class sessions, no rough housing or horse play.

- Everyone must help with cleanup and keep the beach clear of their own personal litter.

- All Junior Lifeguards must remember that they are representing Hilton Head Island through Shore Beach Service and should act courteous to the public beachgoers at all times.

Summer Goal

Your Junior Lifeguard Program Goal

It is important to have a goal in mind while you are participating in this program. Think about what is important to you and what you would like to improve upon while you are here. Your goal could be the same as last year or you can change it to something new. It can be whatever you want!

What is your motivation for participating in the Junior Lifeguard Advanced Program?

What would you like to learn or accomplish?

Take Time For Personal Goals

Making goals for yourself is essential because they can help you to be the best you can be and help you live your life to the fullest. Goals are not accomplished by doing nothing, most goals take time to accomplish. You have to be willing to push yourself and willing to take risks. That way you can achieve any goal you set for yourself!

What are your goals while participating in the Advanced Camp?

*"What you **get** by achieving your goals is not as important as what you **become** by achieving your goals."* Henry David Thoreau

Shore Beach Service Values

HONESTY AND INTEGRITY We trust someone because they are honest. We respect someone for their integrity.

RESPECT AND TRUST When we respect and trust each other, we are more sensitive, caring and concerned in our communication and actions.

TEAMWORK **T**ogether **E**veryone **A**chieves **M**ore.

THE GOLDEN RULE, TREAT OTHERS AS WE WOULD LIKE TO BE TREATED By treating others well, we lay the foundation for strong, productive relations between lifeguards and the general public which we serve.

FUN AND FRIENDSHIPS When we support and respect each other, friendships in themselves are a sign of successful teams made up of successful people.

RELIABILITY We take personal responsibility for our actions. We do what we say we are going to do, when we say we are going to do it.

COMMUNICATION Clear, open communication helps us to become more effective and successful.

PHYSICAL FITNESS Being in good shape results in more energy, improved stamina and better mental attitude.

PRESENTATION Taking pride in personal appearance as well as with work creates a positive public image.

POSITIVE ATTITUDES When we work and interact with enthusiasm and a positive outlook, we are more successful. Always consider the glass “half full.”

United States Lifesaving Association

The USLA is a professional group of beach lifeguards and open water rescuers. USLA works to reduce the number of deaths and injuries in water related environments through public education, national lifeguard standards, training programs, promotion of high levels of lifeguard readiness, and other means. USLA has certified agencies all over the country, including Shore Beach Service.

USLA'S Top Ten (Safety) Tips

1. Swim near a lifeguard
2. Learn to swim
3. Never swim alone
4. Don't fight the current
5. Swim sober
6. Leash your board
7. Don't float where you can't swim
8. Life Jackets = boating safety
9. Don't dive headfirst, protect your neck
10. At home, you're the lifeguard

USLA Codes of Ethics

Maintain dedication to the safety of those they are assigned to protect.

Recognize and accept the increased personal dangers as an unavoidable aspect of the job.

Maintain high standards of fitness and recognize that strength, stamina, and physical skill may mean the difference between life and death.

Make every reasonable effort to prevent accidents before they occur.

Avoid any distraction which may deter from the primary responsibility.

Proudly carry out assigned duties, providing the highest level of courtesy, respect, and assistance to those whom they watch over.

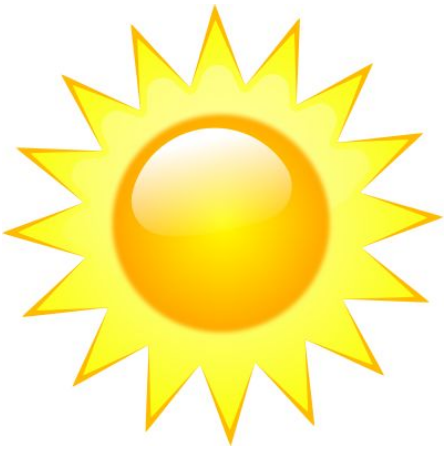
Actively educate the public about environmental hazards as well as safe ways to enjoy aquatic recreation.

Let personal actions promote and demonstrate that lifeguards everywhere deserve the trust placed in them by the public they serve.

PERSONAL SAFETY

Skin Cancer

When spending time outside it is important to always protect your skin. The sun has powerful rays that can damage the skin causing; sunburn, wrinkles, and an increased risk of getting skin cancer.



Skin cancer can happen on any part of the body. Different areas of the body can receive more sun exposure than others. The face, neck, hands and arms should always be protected to help prevent from getting skin cancer.

How to Protect Your Skin

-ALWAYS wear your sunscreen. Waterproof sunscreen that protects against UVA/UVB rays is usually best.

- Apply sunscreen 20 minutes before swimming/sweating.

- Reapply!

- Wear a hat, shirt and sit under an umbrella or in the shade when you can.

- Remember that between 10am-4pm, the sun is at it's strongest. Be careful!

Hydration

Along with protecting your skin, staying hydrated is also extremely important. Drinking water is the best way to hydrate your body. It is best to avoid becoming dehydrated, as it is bad for your body. There are lots of benefits to staying hydrated.

- Keeping your body cool, helps to protect your body.

- Water cleans your body, helps to rid your body of toxins.

- Most importantly, your body needs plenty of water to function!

Signs of Dehydration

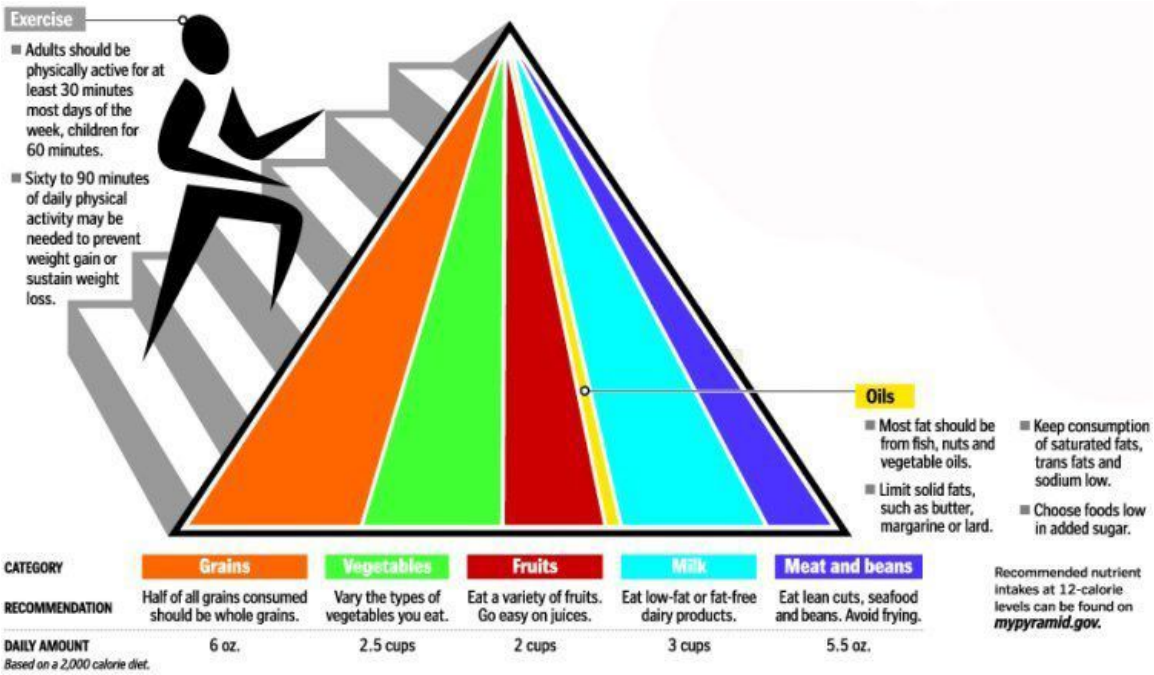
Dehydration occurs when your body does not have enough water. Dehydration can become dangerous if you do not get fluids in your system as soon as possible. If you or someone else is feeling any of these symptoms below make sure to drink something ASAP!

- Feeling sleepy
- Dizziness/headache
- Weakness
- Dry mouth
- Thirst
- Difficulty in swallowing dry foods
- Dry skin

When you are outside in the sun during the summer for the whole day, it is suggested to drink 1 gallon of water (four 32 ounce bottles). Depending on the amount of activity you do, you should increase the amount of water you drink. No matter what you are doing, you should always be drinking water!

Healthy Eating

It is important to have a healthy diet for your immediate and lifelong health. Being active, hydrated and eating right are all critical for a healthy lifestyle.



Healthy Lifestyle Tips

- Exercise every day.
- Eat three meals a day.
- Watch your portions (don't overeat) and avoid extra sugars.
- The majority of your meals should consist of fruits, vegetables, whole grains, and fat-free or low-fat milk products.
- Stay hydrated!
- Get at least 8 hours of sleep every night.
- Avoid tobacco and alcohol.

What other things can you do to be healthy?

Why is it important for a lifeguard to be healthy?

Hilton Head Island Lifeguarding

Providing a Safe Environment

To be an effective lifeguard, you must be comfortable and knowledgeable of your surroundings. Guards need to be aware of the ocean water temperature and conditions. Hilton Head Island is a barrier island on the Atlantic Ocean. Water temperatures and conditions vary throughout the season. Currents and sea life can cause dangerous conditions for swimmers.

Tide changes and weather changes can also make a difference in the water conditions. Every 24 hours there are two high and two low tides. Lifeguards need to reference a tide chart to know the times of the tides. There is a tide chart located in the back of the manual.

Often times the surf is stronger during high tides or with more extreme weather conditions. It is important for guards to be aware of changes in the water conditions to effectively monitor beachgoers. Guards should always be keeping an eye on swimmers regardless of what water conditions are present.

Weather on the island can change quickly and may become a reason to prevent swimmers from entering the water. If lightning is spotted, guards need to get the swimmers out of the water ASAP.

Sand Dunes

Sand dunes are a vital part to Hilton Head's ecosystem. A continual buildup of sand over time creates them. The dunes act as a barrier between the ocean and everything on land, including houses, parks, cars, streets, and entire towns. During storms, a surge of water may come on shore and wipe out anything it covers (kind of like a mini-tsunami). The sand dunes block this storm surge from reaching too far inland. Sand dunes also protect land from the everyday pounding of the waves and erosion. Without the sand dunes, we would not have beach towns, parks, or lifeguards.

Preserving the Dunes

The best way to preserve sand dunes is by staying off them and to leave the vegetation growing in them alone. Lifeguards and sheriff deputies have the responsibility of enforcing beach ordinances that prevent people from damaging or destroying the dunes.

Here are some tips for keeping the sand dunes healthy:

1. Use boardwalks, beach matting or existing paths – never walk to the beach through the dunes.
2. Do not bother the grasses and other vegetation growing in the dunes. They are keeping the dunes in place.
3. Stay off the dunes – play on other parts of the beach.
4. Tell people to stay off the dunes.

History of Lifeguarding

In America as early as the 1700s, dories (a type of row boat) were used to save shipwrecked people in distress. This group formed the United States Lifesaving Service. In the 1800s, swimming became a popular form of recreation. At this time, the need to rescue distressed swimmers became evident. A lot of lifeguards were then hired through cities throughout the nation and worked hand in hand with other emergency responders. (firefighters, etc.) Lifeguards have evolved their skills to include advanced medical aid and a variety of other emergency services. The United States Lifesaving Association was created in 1963. USLA is a world leader in lifesaving and it has evolved to be a true emergency service.

Swimming Techniques

Entering the Water

Lifeguards need to be able to safely and properly make rescues. There are different ways to enter the water, and different swimming strokes needed to make rescues. The first obstacle lifeguards face when entering the water is getting through the waves quickly. To run into the ocean effectively, the guard must run with high knees for each stride. This allows you to "high-step" over the small surf. The next step is to "dolphin dive." Once you make it to about thigh deep water you begin to dive down into the water with hands in front of your face. As your hands grab the sand under the water, bring your legs and feet close to your hands and in a squatted position, leap with arms extended above your head out of the water and then dive back down again. Dive under the breaking wave and jump through the back of the wave, this makes the fastest path through the surf. Once about stomach deep, you can begin to swim to the victim.

Swimming

Lifeguards need to be efficient swimmers. A rescuer needs to save energy by using proper swimming technique. Proper swimming technique will help the rescuer reach the victim faster and save energy to assist the victim to shore. Using swim fins can increase the lifeguard's speed in the water.

Body and Head

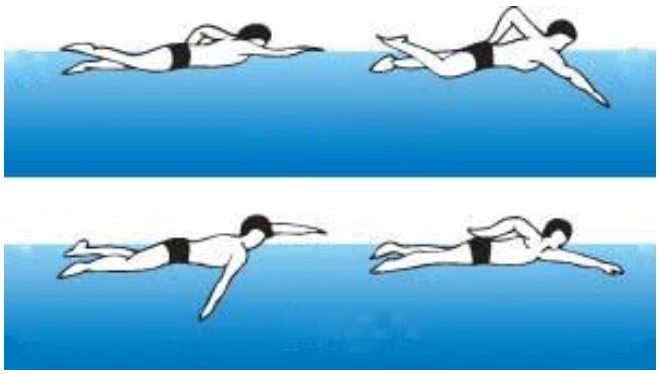
The front crawl stroke, or freestyle stroke, is a face-down stroke. It is the most effective stroke for moving quickly through the water. This stroke is a horizontal stroke, the body should be flat, face down and streamlined. The face should be down at all times except for when you rotate your head to the side to breathe. Breathing can be done every stroke or every other stroke. Keeping the head down and relaxed between breaths will help you swim fast and save energy.

Arms

Continuing with front crawl, the arms alternate from side to side, so while one arm is pulling and pushing under the water, the other arm is recovering above the water. The movement can be separated into four parts: downsweep, insweep, upsweep, and recovery. Each complete arm movement is referred to as a stroke; one stroke with each arm forms a stroke cycle.

Legs

Flutter kick is the typical technique used for front crawl. The legs move alternately, with one leg kicking downward while the other leg moves upward. The legs are important for adding speed, however they are most important for stabilizing the body's position. A frequent mistake for beginners is to bend the leg at the knee while kicking. While kicking, swimmers only bend slightly at the knee then kick the lower leg and the foot downwards similar to kicking a football. After the first kick the straight leg moves back up.

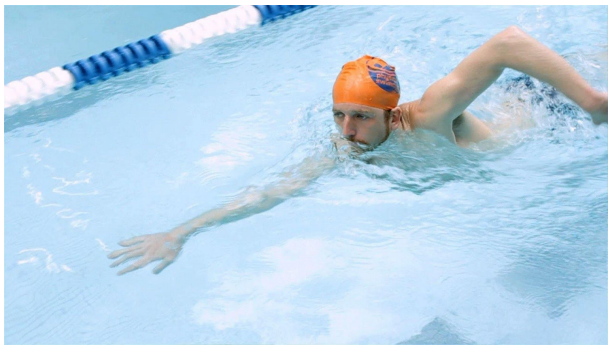


Rescue Swimming

In order to efficiently rescue a victim in the ocean, a lifeguard must be aware of the water conditions before entering. You must determine which way the currents are moving so when you enter the water, you will be able to swim the fastest

route to the victim. This may require running some distance down the beach before entering the water. Depending on the conditions, you may be able to have the current help carry you to the victim. Once making a decision on which way is best to enter the water, lifeguards must modify their stroke in order to have a visual on the victim at all times. The best technique is to swim freestyle and lift your head out of the water while searching for the victim. Sometimes it may take a few tries because you lose sight of the victim behind a wave. It is important to be fast and efficient but just as important to keep sight of the victim.

This style of rescue swimming is referred to as the “Tarzan” stroke, and is commonly used among water polo players as to not lose sight of the ball. While using it, it is important to kick hard as to not lose too much momentum while lifting your head out of the water. This is why it is essential for lifeguards to train constantly to increase their endurance and strengthen their swimming skills.



Resting Strokes

Swimming in the ocean towards a victim can be very physically taxing. It is important if you are feeling tired, to continue swimming but to perform a resting stroke. A resting stroke will help you continue moving toward a victim while not over tiring yourself. If you become too tired, you could develop a cramp, which could lead to the problem of having to rescue two victims instead of one. Sidestroke and elementary back stroke are two types of resting strokes.

Body Surfing

Whether you are in the middle of a competition or need to get back to shore quickly to cover a stand, body surfing is the fastest way to get back. The name says it all, your body acts like a surfboard, and you steer with your arms and legs. A pair of fins can help you swim faster to catch a wave and then you can steer your body once you catch the wave. This takes some time to learn but with practice you’ll become a pro in no time. When you are first practicing, make sure there is a lifeguard near you and that you are practicing with an adult.

How to Bodysurf

1. Determine where the waves are breaking and position yourself behind that spot.

2. Get used to diving under or swimming over waves. Most waves are ideal for body surfing but you should learn how to dodge the bad ones.

3. Start swimming hard when a wave starts to crest just before it reaches you.

4. Once you are swimming on top of the wave, you'll feel it start to carry you.

5. Stop using your arms but keep kicking. Extend one arm forward (right if you're going right, left if you're going left) with your palm down facing the surface of the water.

6. Streamline your body and continue riding the wave as long as desired.

Make sure you always have one arm in front of you at all times so you do not injure your head or neck.

Keep your face out of the water and look forward so you can avoid other people.

Water Conditions

The ocean is a massive body of water that is constantly changing. A beach lifeguard must be aware of these conditions and advise patrons if they are potentially dangerous. All people need to be aware of various types of water conditions before going for a swim or playing in the shallow water. Fortunately, we usually do not see large waves on the beaches of Hilton Head. It is important to be prepared for when they do come.

Current

No matter the reason for entering the water, one should decipher which direction the current is moving and how fast it is moving. When the waves are big or the wind is strong the current is usually also strong. This is key to remember when a lifeguard is entering the water for a rescue because the victim will move with the current. Lifeguards must enter the water up current of the victim so the water can assist them in reaching the victim. If they enter the water below the victim, it becomes extremely difficult swimming against the current and can waste precious time and energy reaching the victim. If you are entering the water to body board or play in the ocean, just remember the current may bring you away from your your original entry spot! Whenever entering the water always find a fixed landmark so you can easily locate where you first entered the water.

Waves

Located just off our coast is a sandbar that breaks up any waves coming towards the island. Because of this we rarely see big waves. When we do see big waves it is usually due to a significant storm, spring tides or high winds. It is best to avoid getting in the water when this occurs. If it is necessary to enter the water for a rescue, make sure to never lose sight of the victim. It is easiest to lose sight of a victim behind big waves. Using heads up swimming or Tarzan stroke is the best method for keeping your eyes on the victim.

What is a sandbar?

What are spring tides?

Tides

Have you ever visited the beach and noticed that there seems to be more or less room than the last time you had visited? This occurs because of the periodic phenomenon called tides. Tides are the rise and fall of sea levels caused by the

gravitational pull of the moon and the rotation of the earth. Most beaches experience two tides a day, a high tide and a low tide. It is a cycle that constantly happens throughout the day –

1. The sea level rises
2. High tide is reached
3. The sea level falls
4. Low tide is reached
5. The cycle starts again with #1

Generally the waves and current are stronger during high tide. For Hilton Head Island and most beaches, the tide rises and falls every six hours. The times for high tide and low tide are about 45 minutes to an hour later every day.
For Example:

Day 1
H 12:51 AM
L 06:41 AM
H 01:02 PM
L 07:01 PM
Day 2
H 01:41 AM
L 07:37 AM
H 01:51 PM
L 07:52 PM

A current tide chart is located in the back of the manual

Rip Currents

Rip currents are not very common on Hilton Head. However, it is important to be able to recognize a rip current when it does happen and what to do if you are ever caught in one. A rip current is a strong, localized, and narrow current of water and occurs closer to beaches. They are capable of dragging even the strongest swimmers away from shore. If caught in one, it is important not to panic. Keep calm and do not fight the current. To get out of it, swim sideways and parallel with the beach. When out of the current swim at an angle away from the current towards the shore. If you cannot escape this way, try to float or calmly tread water until the current weakens and you can swim back. If at any point you are unable to make your way back to shore make sure to remain calm while drawing attention to yourself by waving your arms and calling for help.

Why is it important to remain calm if stuck in a rip current?

Preventative Lifeguarding

Lifeguards are important because they supervise people's safety and rescue anyone struggling in water situations. Additionally, lifeguards provide first aid services for anyone that has suffered an injury. A lifeguard's main duty is to **prevent** any potential emergencies from occurring. This is what we refer to as; preventative lifeguarding.

- As a lifeguard you need to be ready for the possibility of any emergency. Be proactive in keeping your area safe. Use your senses! Look for unusual sights, sounds, odors, and things that seem out of the ordinary that indicate a possible emergency.

What are some ways lifeguards try to eliminate emergencies?

Effective surveillance of the water and the beach is the best method of preventative lifeguarding.

What do you think effective surveillance means?

So what does effective surveillance mean? It means a guard is constantly watching over their assigned area and is on the lookout for any dangerous behaviors or situations. If a guard recognizes the potential for a dangerous situation to occur, it is his or her job to intervene and modify the behavior and control the situation. There are multiple parts to performing effective surveillance:

- Recognition of dangerous behaviors
- Victim recognition
- Effective scanning

Recognition of Dangerous Behaviors

Recognizing a weak swimmer or a non-swimmer is vital to prevent any potential water emergencies from occurring. Classic signs of a weak or non-swimmer are:

- Struggling to keep head/face above water
- If in a pool, crawling hand-over-hand along a pool wall
- Clinging to something or struggling to grab something to stay afloat

Signs of a person who is exhibiting dangerous behaviors:

- Holding breath or swimming underwater for an extended period after hyperventilating
- Beyond arm's reach of a supervising adult, even if wearing a floatation device
- Wearing a lifejacket improperly
- Participating in high-risk/ high impact activity such as diving
- Experiencing a medical emergency such as a sudden illness

Effective Scanning

By constantly scanning the water, lifeguards can prevent a distressed swimmer from becoming an active or passive drowning victim. It is much better to be proactive and prevent something from happening. Guidelines for effective scanning are:

- Stay focused – don't let your attention drift
- Move your head and eyes while you are scanning rather than staring at a fixed direction
- Scan from point to point repeatedly, watching for patrons and making sure they are showing safe swimming behaviors
- Change your body position regularly to help stay alert
- Do not let people distract you from your job

Causes of Drowning

Anyone who experiences difficulty breathing from submersion underwater is a drowning victim. Drowning may or may not result in death. There are more than 3,000 deaths every year in the US from drowning. Most deaths occur in unguarded facilities but unfortunately also occur in facilities that are guarded by lifeguards. Drowning can be prevented by teaching and following the basics of water safety. Once you learn these basics you can learn how to protect others from drowning.

Recognizing the causes of drowning can help to prevent drowning from occurring. Here are some causes:

- Fatigue
- Overestimating ability
- Using alcohol or other controlled substances
- Accidentally falling into water without knowing how to swim
- Lack of supervision

All of these causes can be easily prevented. A good lifeguard will interfere in any situation to prevent possible emergencies. Discuss among everyone- what are ways to prevent any of theses causes that can lead to a drowning? A lifeguard's duty is to supervise people's safety and rescue anyone struggling in water situations. Additionally, they provide first aid services for anyone that has suffered an injury. As discussed earlier, a lifeguard's main job is to **prevent** any potential emergencies from occurring, which we now know is called **preventative lifeguarding**.

Helping Someone in the Water

Now that we know how to recognize someone struggling in the water, let's discuss how to help that person. Lifeguards are always taught to notify others when responding to an emergency. This ensures that someone else knows about the emergency and can assist if needed. Personal safety is top priority for anyone that is trying to assist a drowning. Do not put yourself in dangerous conditions that are unsafe or you are not properly trained or equipped to respond safely. To perform effective rescues and minimize risks one must remember the following: Reach, Throw, Row, Go.

Discuss among the group what you think the purpose of reach, throw, row, and go.

1. Reach – The first thing you should do is try to reach for the victim with your arm or even better something that is longer, like a branch, a hockey stick, ladder, or anything else you can find.

2. Throw – If you cannot reach the person, throw something that floats into the water to help them. This could be a lifejacket, a safety buoy, a raft or a rope. This will give the victim some immediate assistance and give you more time to get help. Try not to leave the person in the water alone. Yell for help from where you are. If you need to go, run, and come right back.

3. Row – If you cannot reach the person or do not have anything to throw at them, you can row to them. Get in a kayak, boat, surfboard, boogie board, or anything else you can row to them and bring them back on – that means there has to be room for two people, you and the victim.

4. Go – As a last resort, go find someone who can help or call for help. Only trained professionals such as lifeguards should enter the water to save someone.

If you are guarding at the beach your only option might be to go. A lifeguard needs to make sure they are keeping themselves safe when rescuing someone.

Victim Recognition

Another element of effective surveillance is being able to recognize when someone is struggling in the water. It is important to understand the behaviors a victim shows when in distress or drowning. Understanding these behaviors enables lifeguards to act quickly when someone needs help. Lifeguards should be able to recognize and respond to a drowning victim within 30 seconds. Below are the stages of drowning.

1. **Distressed Swimmers** – a swimmer can become distressed from exhaustion, cramp, or sudden illness. Distressed swimmers may be

- able to keep their faces above the water
- able to call for help
- able to wave for help
- floating horizontal, vertical, or diagonal, depending on what they use to support themselves
- floating, sculling or treading water
- able to follow commands such as grabbing onto a rope, pole, or other rescue equipment

2. **Active Drowning -** a victim who is struggling to remain at the surface of the water and has distinctive arm and body positions

- cannot call for help because their efforts are focused on getting a breath
- works to keep the face above water in an effort to breathe. A young child may be in a horizontal face-down position during the struggle because he or she is unable to lift their face out of the water
- has extended the arms to the side or the front, pressing down for support
- is positioned vertically in the water with no support kick. A young child may tip into a horizontal face down position.
- might continue to struggle under water once submerged
- eventually will pass out and stop moving

Sometimes it can be difficult to distinguish between a distressed swimmer and an active drowning victim, so when **You Don't Know Go.**

3. **Passive Drowning –** A victim that does not struggle. This is a victim that has for some reason slipped under the water and is unconscious. Discuss with the group what are some possible reasons that someone would become a passive drowner

- heart attack or stroke
- seizure
- head injury
- heat-related illness
- hypothermia
- hyperventilation and prolonged underwater breath-holding activities
- use of alcohol and other drugs

Recognizing passive victims

- might float face down or near the surface or may sink to the bottom
- may be limp or have slight compulsive movements
- Have no defined arm or leg action, no locomotion, and no breathing
- may appear to be floating at the surface of the water
- may be face down, on one side or face up

It is important for anyone to recognize any of these behaviors and act quickly to get help for the victim.

-A distressed swimmer may be able to reach for a device, such as a towel, as it is moved toward the victim.
A drowning victim who is active will not be able to reach for a device, therefore a pole or other rescue aid must be placed within the victim's grasp
A passive victim at or below the surface will be unable to grasp a rescue aid
A reaching rescue is only effective if the rescuer can grasp the victim, either by hand, or with the loop at the end of a shepherd's crook.

Removal From the Water

Walking Assist

- Place one of the victim's arms around your neck and across your shoulder.

- Grasp the wrist of the arm that is across your shoulder. Wrap your free arm around the victim's back or waist to provide support.

- Hold the victim firmly and assist him or her in walking out of the water.

- Have the victim sit or lie down while you monitor his or her condition.

Beach Drag

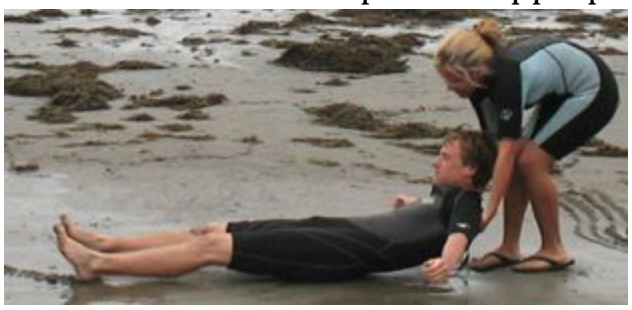
- Stand behind the victim and grasp him or her under the armpits, supporting the victim's head as much as possible with your forearms.

- Let the rescue tube trail behind, being careful not to trip on the tube or line.

- If another lifeguard is available to assist, each of you should grasp the victim under an armpit and support the head.

- Walk backward and drag the victim to the shore. Use your legs, not your back.

- Remove the victim completely from the water, then assess the victim's condition and provide appropriate care.



SEARCH AND RECOVERY

When you either notice a victim go underwater or you have reports of a missing person in the water, it's time to perform a search and recovery. It is necessary to communicate well and to mark points of importance to have a thorough search. The point where the victim was last seen is very important, as it is where you should start the search. While in the water, tides, and water conditions can change. Picking out a stationary point is helpful. (a tree, vehicle parked, designated person) When conducting a search, there should be a designated lead guard. Depending on the depth of the water, where the missing person is assumed to be, there are different recovery methods.

Searching Shallow-Water Areas

In order to conduct an effective shallow water search, you will need several people. Asking for volunteers can be very helpful.

1. Ask volunteers and staff to link arms, and hold hands to form a line in the water. Have everyone involved stand in a line from shortest to tallest. The shortest person should be in the shallowest water, and the tallest in no deeper than chest deep.
2. Have the whole line move slowly together across the area. Start in an area where the possible missing person was last seen or reported.

3. As the line continues to move, searchers should sweep their feet across the bottom on the sand with each step. You want to cover every inch of the area.

Searching Deep-Water Areas

1. Search should be started where victim was last seen or reported to be. Be mindful of currents and water conditions. In the deep water search, searchers will be in at least chest deep water, where the bottom cannot be seen.

2. One lifeguard should serve as the lookout above the water. (paddleboard, jet ski) This person watches water conditions and makes sure the searchers are safe, and is there to help if a missing person is found.

3. There should be one "lead" lifeguard in the group of searchers. He will initiate when the searchers begin their search and their surface dives.

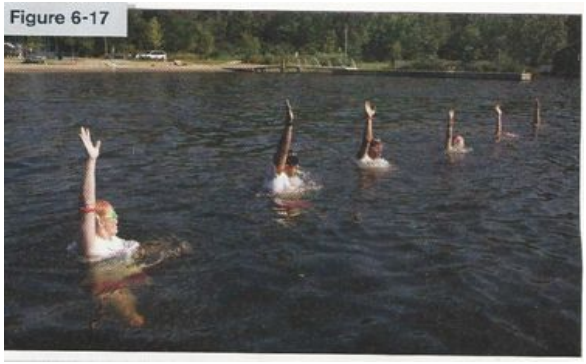


Figure 6-17

4. All searchers will be in a line, perpendicular to the shore. They will number off from 1- however many people are there. After each attempt of finding the missing person, they will number off to make sure everyone is still in line.

5. On command from the lead lifeguard all searchers perform the same kind of surface dive. Feet-first or head first to the bottom and swim forward a predetermined number of strokes. Everyone will check the bottom by sweeping their hands back and forth in front of them, making sure to cover the area.

6. Searchers should return to the surface as straight up as possible.

7. All searchers will count off, to make sure everyone is in position, reform the line, and on command of the lead lifeguard the team will dive again.

8. Lifeguards continue to search until the person is found, emergency personnel take over or the search has been called off by officials.

Head First- Surface Dive

1.Gain momentum using a swimming stroke

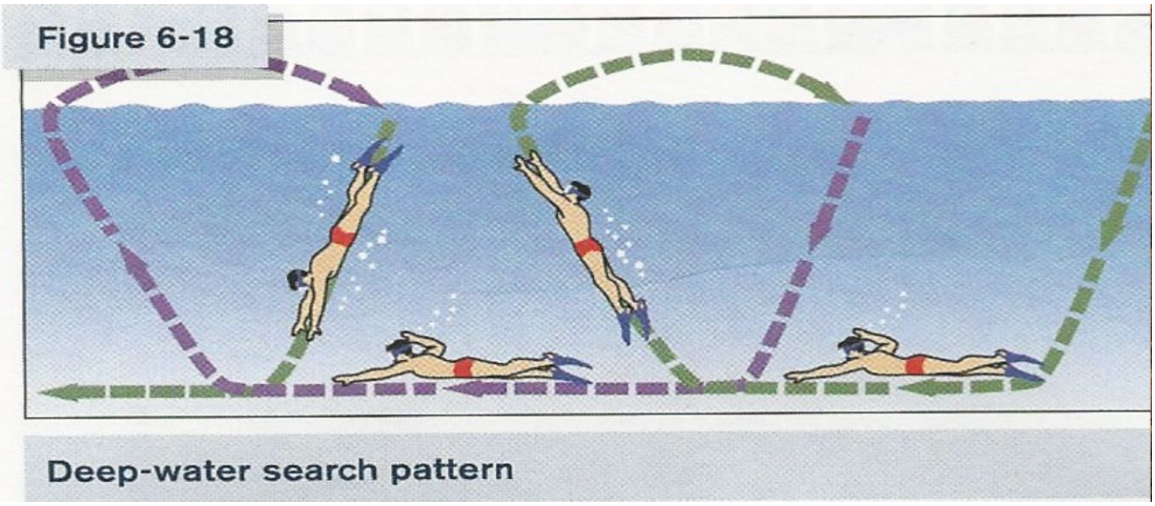
2.Take a breath, sweep your arms backwards to your thighs and turn them palms-down.

3.Tuck your chin to your chest and bend at the hip and reach downward.

4.Lift legs upward, get into a streamlined position. You should be vertical to the ground.

5. If you need to go deeper, do a simultaneous arm pull with both arms to go deeper.

*If the water is murky or you can't tell how deep the water is, hold one or both arms extended over the head outward.



Spinal Emergencies

Spinal injuries take place both on land and in the water. These injuries are rare, but when they do occur, they can result in a lifelong disability or even death. Head, neck, and spinal injuries usually occur on beaches when someone dives head-first into shallow water or when breaking a wave. These injuries can also happen as a result from collisions with an underwater hazard. (Submerged objects, rocks, etc.)

The rescuer must use specific rescue techniques to stabilize and restrict motion of the victim's head, neck and spine regardless of where the victim is.

Manual In-line Stabilization
The head splint technique is used for performing manual in-line stabilization for victims in the water. The main objective is always to get the victim face-up while minimizing movement of the head, neck and spine.

When swimming to a face-down victim, the rescuer will approach the victim and put their arms under the victim's and their hands back over the victim's ears. This will stabilize the victim's head and restrict movement. At this point, the rescuer will be on their back, with the victim resting on top of them. This type of rescue is very tiring and additional help will be needed to get the victim out of the water when approaching the shore.

First Aid

As a lifeguard you will be exposed to both water and land injuries. Before helping any victim, lifeguards must make sure the scene is safe and that they are using proper safety equipment. Proper safety equipment includes rubber gloves and sterile dressings. **Wear gloves whenever dealing with blood and other body fluids.**

Why is it important to wear gloves?

Blood Borne Pathogens

There are some bacteria and viruses in human blood and bodily fluids that can cause disease in humans. Different strands can lead to HIV/AIDS, hepatitis and other communicable diseases. When treating any type of wound, make sure to always wear gloves and avoid direct contact with any blood or bodily fluid.

Accesing the scene and SAMPLE

Before helping someone with an injury, one must survey the scene to make sure it is safe for you to approach. If the scene is unsafe, do not approach the victim until it becomes safe or if they can be safely removed from the scene. This is an important step because if you become hurt while trying to help a victim, it results in two injured people rather than one.

After you have analyzed that the scene is safe you can approach the victim and gain consent to help them if the victim is responsive. If the victim is unresponsive consent is implied. With a responsive victim, interview them by using the acronym SAMPLE:

S = Signs, and symptoms
A = Allergies
M = Medications
P = Pertinent medical history
L = Last food or drink
E = Events leading up to the incident

This acronym is to help remind the rescuer what things are important to know in order to analyze the victim's condition. It also helps in deciding how to treat the victim. After you have done a SAMPLE, do a head-to-toe check by looking for signs of injury, including pain, bleeding, cuts, burns, bruising, swelling, or anything out of the ordinary.

Open Wounds

Abrasion – Skin has been scraped – road rash, rug burn...etc.

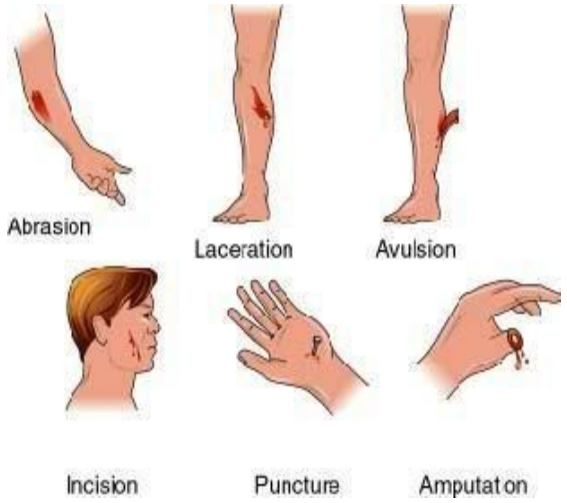
Laceration – Cuts that bleed freely

Avulsion – Cuts where part of the skin is still attached but peeled back, or torn loose

Incision – Wound caused by a clean sharp-edged object

Puncture – Smaller wound with minimal or severe bleeding

Amputation – Cut resulting in loss of body part



Controlling Bleeding

Direct Pressure

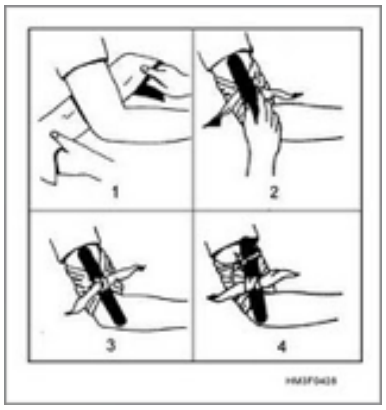
- Wear gloves to protect yourself
- Use clean gauze, or a clean cloth to apply on the wound
- Apply direct pressure to help control the bleeding

Elevation

- Lift injured area/body part above the heart if possible
- Lift hand/arm above heart
- If victim has a foot or leg injury, have the victim lay down and they can then elevate their leg

Pressure Bandage

- Cover the area with sterile dressings
- With a gauze roll or cloth, wrap the dressings and tie the knot over the wound to apply more pressure
- Keep the wrapping tight, but not too tight that it's more uncomfortable for the victim



Tourniquet

- Used when the wound continues to bleed after the other methods. (direct pressure, elevation)
- Tie one knot in the bandage and place a stick on top of the knot, next tie the ends of the bandage over the stick
- Twist the stick to tighten the tourniquet until bleeding has stopped

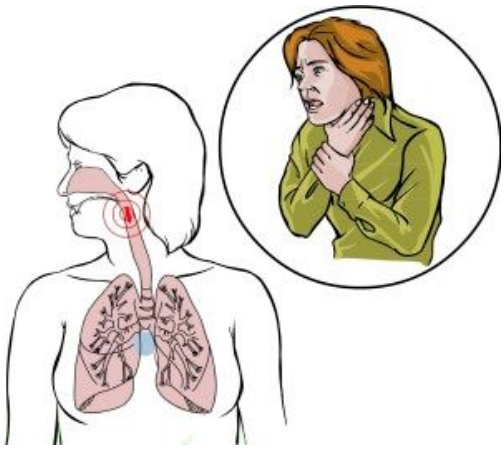
Closed Wounds

- Closed wounds occur under the surface of the skin
- Bruises are the most common form of a closed wound
- More extreme cases can result in internal bleeding. EMS must be called in this case.
- RICE

  R-Rest
  I-Ice
  C-Compress
  E-Elevate

Choking Victims

Conscious Victim



Signs
- Universal sign for choking
- Cannot speak, breathe, or cough
- Clutching throat
- Turning blue from lack of oxygen

Treatment
- Ask victim if they are choking
- Call 911 if they communicate “yes”
- Perform sets of 5 back blows and 5 abdominal thrusts
- Perform back blows and abdominal thrusts until the airway is clear or victim goes unconscious.

Back Blows

- Stand slightly behind the person
- Place one arm diagonally across the chest and bend the person forward at the waist. (Airway should be parallel to the ground)
- Firmly strike the person between the shoulder blades with the heel of your other hand.

Abdominal Thrusts

- Stand behind choking victim, with one foot placed between their feet and the other foot behind you.
- Reach your arms around victim’s waist
- Locate victim’s belly button
- Make a fist & place thumb knuckle above victim’s belly button. Place other hand over your fist, use both hands to thrust inward and upward.

Unconscious Victim

If a victim becomes unconscious, there is a risk that the tongue can fall back and block the airway.

<u>How to open an airway</u>

- Place one hand on victim's forehead.
- Take first 2 fingers of other hand and place under the bony part of the chin.
- Pull up on the chin while tilting the head back.

If victim has suspected head or neck injuries use the jaw thrust maneuver.

- Place thumbs near top of mouth and use your 1st two fingers on both hands to pull the bottom jaw up towards the ceiling.
- Trying to reduce movement of head and neck while keeping the tongue from obstructing the airway.

Signs of Breathing

- LOOK-Chest should rise and fall
- LISTEN-Listen for breathing
- FEEL-Put your ear near victim's mouth and feel for exhaled air

Checking for a Pulse

When looking for the pulse on an adult, you need to find the victim's "Adam apple." Do this by using your first two fingers**.** Gently drag your 2 fingers toward the side of the victim's neck closest to you.

When looking for the pulse on an infant, you need to find the brachial artery. Press two fingers on the inside of the victim's arm between the armpit and elbow.

CPR

CPR is a lifesaving technique used in medical emergencies, including heart attacks and drownings. It is performed when a victim's breathing and/or heartbeat has stopped.

Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended to use on adults/teens who suddenly collapse in an "out-of-hospital" setting (such as at home, at work or in a park). It consists of two easy steps:

1. Call 9-1-1. If you can, it is always best to send someone else to call 9-1-1 and tell them to call back.
2. If there is no pulse, push hard and fast in the center of the chest.

You should do compressions at a rate of 100 per minute. The beat of the song "Stayin' Alive" is perfect for 100 compressions per minute.

Heat Emergencies

Heat emergencies are common on our beaches. People are usually enjoying the beach so much sometimes they forget to drink adequate fluids or eat healthy meals. Before they know it they aren't feeling well and are experiencing heat exhaustion. It is important to recognize the difference between the symptoms of heat exhaustion and heat stroke. Heat exhaustion has the potential to be life threatening but can be easily treated without medical care. Someone showing signs of heat stroke should get medical care immediately.

Heat Exhaustion

Cause – Occurs when the body loses too much fluid and electrolytes (salts) from heavy sweating

Symptoms

- Heavy sweating
- Cool moist, pale, or red skin
- Headache
- Nausea
- Dizziness and weakness
- Exhaustion

Treatment – **If untreated, heat exhaustion will progress into heat stroke.**

- Get the victim into a cooler place, preferably inside with air conditioning.
- Give them fluids right away.
- Monitor the victim and do not leave them.

Heat Stroke

Cause – Occurs when the body's temperature system (sweating) stops working. The body temperature can rise so high that damage or death could occur.

Symptoms

- Dry skin
- Dry, red, hot skin and body temperature
- Loss of consciousness
- shallow breathing

Treatment

- Call 911 immediately.
- Get the victim out of the heat into a cooler place, loosen clothing.

- Cool the victim by immersing them in cool water or wrapping with a wet towel.
- Treat for shock.
- Monitor their condition until help arrives.

Shock

Shock is a life threatening condition that happens when the body is not getting enough blood flow. The lack of blood flow means that the body's cells and organs are not getting enough oxygen and nutrients to function properly. Shock can occur after a sufficient amount of blood loss.

Symptoms
- Rapid/Weak Pulse
- Irregular Heart Rate
- Confusion
- Cool/Clammy Skin
- Rapid/Shallow Breathing
- Anxiety
- Lightheadedness

Treatment
- Call 911
- Loosen any tight clothing
- Keep victim from getting too hot or cold
- Keep the victim comfortable until EMS arrives

Anaphylactic Shock-Allergic Reaction

Almost everyone knows someone that has an allergy. An allergic reaction can occur from various things like insect stings, medicines, or different foods.

Symptoms
- Tightness of throat
- Itchy rash or welts

Treatment
- Epi Pen if they have it and call 911

Emergencies Common In Older Victims

Older people are more susceptible to these certain types of emergencies. Recognizing these symptoms and responding quickly could be vital in saving someone's life. Although these emergencies commonly happen in older people, it is possible to have them happen to anyone.

Stroke

Cause – Brain loses some blood supply, and body parts can stop working
Early recognition is key

Symptoms

- Change in consciousness or confusion
- Numbness of ½ the body
- Vision loss
- Double vision
- Slurred speech
- Difficulty with balance
- F.A.S.T. (acronym to recognize victims of a stroke)
    - **F**acial drooping
    - **A**rm weakness
    - **S**peech difficulties
    - **T**ime

Treatment

- Call 911

Heart Attack

Cause – When a blood clot blocks an artery in the heart, it prevents blood supply from getting to the muscles of the heart. Loss of blood supply causes heart muscles to die.

Symptoms

- Anywhere from chest discomfort, mild pain to crushing chest pain
- Nausea
- Vomiting
- Dizziness
- Shortness of Breath
- Clammy and Sweaty

Treatment

- Call 911
- Get victim into comfortable position
- Loosen tight or uncomfortable clothing
- Assist victim with medication- chew and swallow aspirin if available
- Administer oxygen if it's available
- Be prepared to perform CPR and use an AED

Cardiac Arrest

A cardiac arrest is a life threatening situation that can be caused by a heart attack, drowning, electrocution, respiratory arrest and many other conditions.

Cause- when the heart stops beating, or beats too irregularly or weakly to circulate blood effectively. Happens suddenly.

Symptoms

- Sudden Collapse
- Sudden unresponsiveness
- Unconsciousness
- No breathing
- No pulse

Treatment

- Call 911
- CPR/AED

Emergency Action Plan

Any place that employs lifeguards should have an emergency action plan in place. This is a plan that helps the lifeguards know how to respond to an emergency. Different facilities have different signals in place to communicate when to call 911. On Hilton Head Island we use radio communication. In an unlikely situation where there is no radio or the responder is in the water, there are specific whistle blasts and hand signals used to communicate when 911 is needed.

Communication

Communication is a vital part of a lifeguard's duty. At Shore Beach Service, supervisors are identified by their BP number and lifeguards are identified by the location they are assigned. We use two way radios on our beaches.

When initiating a call, state the location or person being called, then identify yourself. They will let you know when they are ready for your transmission. Proceed with the message, and be sure to communicate clearly.

- Keep emotion out of your voice
- Pronounce words clearly and slowly
- Use radios for emergency and business use only!
- Radio time is valuable, messages must be brief and accurate
- Emergency traffic has priority

EXAMPLE:

Islanders Guard: "BP 104, Islanders"

BP 104: "Go Ahead"

Islanders Guard: "Are you available to 10-25, to help transport a stingray victim?"

BP 104: "Affirmative, 10-76"

Radio Codes

10-4	O.K.	10-33	Emergency
10-6	Busy	10-43	Information
10-7	Out of Service	10-76	Enroute
10-8	In Service	Signal 113	Missing Person
10-9	Repeat	Signal 200	Shark
10-17	Complaint	Negative	No
10-20	Location	Affirmative	Yes
10-25	Meet in Person	Shore Base	Office

Why do we use radio codes?

Missing Person (Signal 113)

When reporting a lost or missing person:

- ➔ Stay Calm, we find almost 100% of missing persons unharmed
- ➔ Determine if assistance is needed or if an emergency exists
- ➔ Obtain the following data
  - ◆ Name
  - ◆ Age
  - ◆ Height
  - ◆ Hair color
  - ◆ Ethnicity
  - ◆ Clothing description
  - ◆ Where they were when last seen
  - ◆ Amount of time since they were last seen
  - ◆ Any items they may have with them (bike, body board)
  - ◆ Any important medical concerns
- ➔ Report Signal 113 to supervisor
- ➔ Make it clear who is with you (with parents, sibling..etc.)
- ➔ Give complete description of the missing person
- ➔ Keep someone who knows the missing person with you until the situation is resolved

Rescue Communications

Communication is often established between the guard in the water and the backup. There are several hand signals that communicate specific information. Lifeguards and beach patrol on the beach should respond by repeating the same signal to show that the signal has been received and understood.

Hand Signals

Assistance Needed: One arm raised overhead by a guard in the water is a request for further assistance.

Assistance and Ambulance Needed: One arm waved overhead indicates that the guard in the water needs further assistance and upon reaching shore will need an ambulance.

-This is mandatory for all respiratory and cardiac arrest situations

All Clear: The signal for all clear or "OK" is made by forming a circle overhead with both arms, fingertips touching.

Missing and Possible Submerged Victim (Code X): Crossing the forearms to make an "X" alerts guards on the beach that a victim has submerged. Search and recovery actions would need to be taken.

Beach Ordinances

Like most beaches, Hilton Head Island has a list of rules that all beachgoers must follow. These rules help to promote safety, beach cleanliness, and general harmony for all. At almost every access way there is a sign posted with the ordinances. The following are posted on all of the beach ordinance signs.

- ➔ Alcohol, liquor, beer, wine
- ➔ Glass (bottles, containers, etc.)
- ➔ Littering
- ➔ Indecent Exposure (nudity)
- ➔ Disorderly Conduct
- ➔ Disturbing the Peace
- ➔ Unauthorized Vehicles
- ➔ Fires and Fireworks
- ➔ Shark Fishing
- ➔ Removal, harming, or harassment of any live beach fauna (sea turtles, sand dollars, conchs, starfish, etc.)
- ➔ Removal, alteration or damage to dunes, sea oats, or other dune flora
- ➔ Operation, launching, or landing of unauthorized motorized watercraft
- ➔ Unauthorized commercial activity
- ➔ Sleeping on the beach between midnight and 6am
- ➔ Unauthorized wearing of lifeguard emblems, insignias, etc.
- ➔ Solicitation or distribution of handouts
- ➔ Kites not under manual control
- ➔ Stunt kites 10am-6pm April 1-September 30
- ➔ Sand-Sailing

For the added protection of sunbathers and swimmers, the following activities are prohibited in designated swimming areas from 10 am – 6 pm April 1 - September 30:

- ➔ Fishing or surfcasting
- ➔ Surfboards, boogie boards, etc.
- ➔ Frisbees or other team sports involving a ball
- ➔ Games with metal components

Animals on the Beach

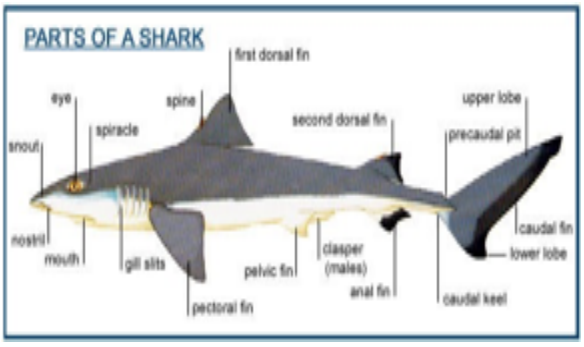
- ➔ Are not permitted between 10am-5pm Friday before Memorial Day through Labor Day
- ➔ Must be on a leash:
  - ◆ From 10 am – 5 pm from April 1 through Thursday before Memorial Day
  - ◆ From 10 am – 5 pm from Tuesday after Labor Day through September 30
- ➔ Must be on a leash or under positive voice control at all other times
- ➔ Persons in control of animals on the beach are required to remove and properly dispose of the animal's excrement

Marine Biology

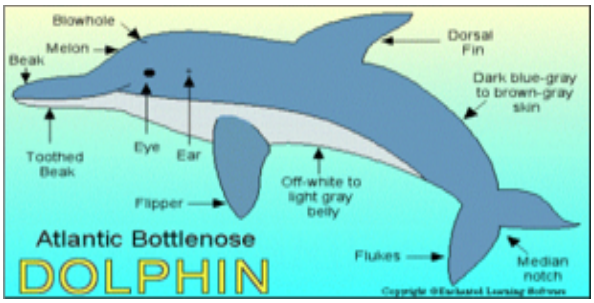
Hilton Head Island is an environmental haven populated with a variety of wildlife. For the safety of the animals and people, it is important to understand what could be encountered when visiting the beach. Lifeguards need to know about all the wildlife so they can inform inexperienced beachgoers, and so they know how to treat any possible wildlife encounters.

Sharks and Dolphins

Sharks and dolphins are commonly spotted along the coast of Hilton Head.



There are over 30 different species of sharks in South Carolina waters. The Atlantic Sharpnose, Bonnethead, Sandbar, Finetooth, Blacktip, and the Blacknose are the six most common species of shark to this area. A shark's skeleton consists of cartilage rather than bones, making them unique among surrounding fish. Sharks are on top of the ocean food chain. Contrary to popular belief, sharks are rarely a threat to humans.



To the untrained eye, patrons unfamiliar with marine life can mistake dolphins for sharks. Dolphins are marine mammals that usually travel in pods. Dolphins eat mostly squid and fish. They have been around about 10 million years and are among the most intelligent animals. From a distance dolphins and sharks can be similar, so it's important to be able to tell the differences between the two.

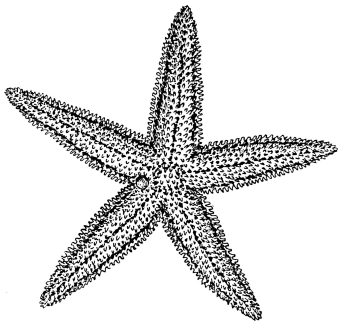
What similarities do you see between the two?

What differences do you see between the two?

Loggerhead Sea Turtles

Loggerheads return to Hilton Head Island for nesting season between May - October. These reptiles are an endangered species. South Carolina's Department of Natural Resources (DNR) legally protect loggerheads, and Turtle Patrol closely monitors the nesting season. A loggerhead has powerful flippers, can grow to weigh up to 400 pounds and can reach up to 4 feet long. The loggerhead sea turtle is a carnivore, meaning it eats meat.

An adult female will nest once every 2 to 4 years and can come up to shore almost 7 times per season to lay eggs. The nesting occurs at night, and often times beach goers will see the turtle tracks and nests the following day. When a turtle lays it's eggs, there can be 100 -125 ping pong ball sized eggs. It takes about 60 days for the turtles to hatch. When the turtles hatch, they emerge at night. The city of Hilton Head has an ordinance during May-October that beachfront lights must be off to protect the new hatchlings and their journey to the ocean. 1 out of 100 hatchlings will live as long as 3 days, and 1 of every 10,000 hatchlings live to adulthood.



Why is it important that beachfront lights be off during the nesting season?

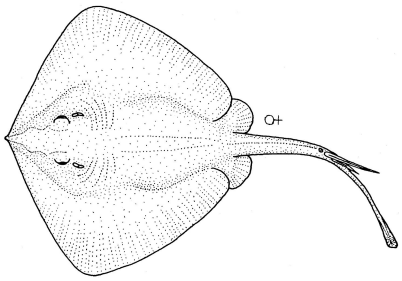
Starfish

Starfish are a very common creature found on our beaches. Starfish are a 5 pointed marine invertebrate. If a starfish loses one of its "points" it is able to grow it back through the process of regeneration.

Sand Dollars

Sand dollars are another common sea urchin on Hilton Head Island beaches. Both sand dollars and starfish are illegal to remove from the beach and should be left alone. If you happen to find a starfish or sanddollar out of the water it is okay to pick them up and place them back in the ocean.

Stingrays



The stingray has a flat body that is diamond shaped. Its mouth is located on its underside and the eyes on top. Stingrays are bottom-feeding fish and are related to the shark. They feed on worms, clams, shrimp, crabs, snails and occasionally fish. Many different species of stingrays inhabit the waters along the Atlantic Coast. Stingrays prefer cooler water temperatures. Their defense mechanism is a barb located at the base of its body. The venom released from the barb can inflict a great deal of pain. Our lifeguards treat 200 - 600 stingray wounds each year. Considering that our beaches see 2.5 million people annually, it is not a high number of people who become victim to the stingray. The stingray's venom is rarely fatal, but unfortunately is extremely painful. To avoid accidently stepping on one, practice the Stingray Shuffle method when entering the water.

How does the Stingray Shuffle method help to avoid stepping on a stingray?

Treating a Stingray Sting

Signs & Symptoms

- A puncture wound or jagged laceration, commonly occurring near the ankle or foot
- Wound area may be red or purple in color with localized swelling
- Possible yellow or clear pus oozing from wound site
- Extreme localized pain often radiating away from the wound. Pain peaks at about 90 minutes and can last for about 48 hours
- Nausea, vomiting or abdominal cramps
- Shortness of breath, or dizziness

Treatment

- Stop any bleeding with pressure, do not elevate
- If a barb is left in the wound, do not remove it yourself. Wrap gauze around the barb to stop any bleeding, be careful not to apply pressure on the barb. Head to the closest urgent care or hospital to have a doctor remove the barb.

- If there isn't a barb, wrap the laceration with enough pressure to stop bleeding.
- Apply a hot pack with gauze between the pack and the skin. Do not place the pack directly on the wound if there is a barb still stuck. NEVER place a hot pack directly on bare skin.
- Advise victim to go home, remove bandages, and submerge the affected area in the hottest water tolerable for about 30-90 minutes
- Medical treatment may be needed if wound becomes infected or if the pain doesn't stop

Why is it important in any situation to never place a hot pack directly on bare skin?

Jellyfish

Jellyfish are invertebrates that come in different sizes, shapes and colors. The length of their tentacles can vary species by species. Jellyfish are not strong swimmers, they typically move with currents and wind. Jellyfish have special cells along their tentacles full of non fatal venom. When someone brushes against the tentacles, the cells inject the venom, and it feels like a stinging sensation. Redness, swelling, and irritation occurs in the location of where the tentacle contacted skin. Sea Nettle, Portuguese Man O' War, and Sea Wasp are the stinging jellyfish that frequent the waters around Hilton Head Island. There are also some species in our water that do not have tentacles and therefore do not sting.

Sea Nettle

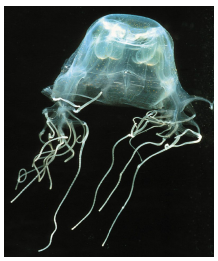
Sea Nettle jellyfish are transparent in color. They can have up to two-dozen tentacles. These jellyfish thrive in warmer temperatures and are common to the area in July and August. Sea Nettle will eat anything they run into: small fish, shellfish larvae, zooplankton and comb jellies. Their only predators are loggerhead sea turtles. Stings from sea nettle are the most common in our area.

Portuguese Man O' War

Portuguese Man O' War are blue in color. Dark blue tentacles can distinguish them from other jellyfish. Tentacles can be up to 3 to 20 feet in length. These Jellyfish are dangerous to humans. Even when this

type of jellyfish is dead, it's tentacles can still be harmful.

Sea Wasp



The Sea Wasp is a box jelly because of its cube-shaped bell. These jellyfish are stronger swimmers than the others and are the most venomous jellyfish in our waters.

Cannonball Jellyfish

Cannonball Jellyfish are a non-stinging jellyfish. Also known as "Jellyballs." These are the most common jellyfish seen on our beaches. Cannonballs are easily identified by having no tentacles. They have a brownish/pink/purple ring and can be a variety of different sizes.

Treating a Jellyfish Sting

Signs & Symptoms

- Stinging or burning sensation
- Itching sensation
- Redness of skin
- Visible rash or welts

Treatment

- Remove any visible tentacles (don't use bare skin)
- Flush the affected area with ocean water
- Apply solution of vinegar and water on the affected area to neutralize remaining stinging cells
- Pack the area with wet sand, **do not rub**
- Wash off sand with ocean water
- Watch for other symptoms
- Be overly cautious if someone with other allergies (such as bees) is stung. They are at a higher risk of having a possible anaphylactic reaction and may need to seek medical attention

NATIONAL TEN CODES

10-0 CAUTION
10-1 RECEPTION POOR
10-2 RECEPTION GOOD
10-3 STOP TRANSMITTING
10-4 ACKNOWLEDGE, OK
10-5 RELAY
10-6 BUSY
10-7 OUT OF SERVICE
10-8 IN SERVICE
10-9 REPEAT
10-10 FIGHT
10-11 DOG/CAT INCIDENT
10-12 STAND-BY
10-13 WEATHER CONDITIONS
10-14 PROWLER
10-15 CIVIL DISTURBANCE
10-16 DOMESTIC
10-17 COMPLAINANT
10-18 COMPLETE QUICKLY
10-19 RETURN TO _____
10-20 LOCATION
10-21 TELEPHONE
10-22 DISREGARD
10-23 ARRIVED LOCATION
10-24 COMPLETED
10-25 MEET IN PERSON
10-26 DETAINING SUBJECT
10-27 DR. LICENSE CHECK
10-28 REGISTRATION CHECK
10-29 WANTED CHECK
10-30 ILLEGAL RADIO USE
10-31 IN PROGRESS
10-32 PERSON W/A GUN
10-33 EMERGENCY
10-34 BACK-UP
10-35 DISASTER ALERT
10-36 TIME
10-37 SUSPICIOUS VEHICLE
10-38 TRAFFIC STOP
10-39 LIGHTS & SIREN
10-40 SILENT RUN
10-41 BEGINNING DUTY
10-42 ENDING DUTY
10-43 INFORMATION
10-44 RABID ANIMAL
10-45 ANIMAL CARCASS
10-46 ASSIST MOTORIST
10-47 ROAD REPAIRS
10-48 TRAFFIC SIGN REPAIR
10-49 TRAFFIC LIGHT MALFU
10-50 TRAFFIC ACCIDENT
10-51 WRECKER
10-52 AMBULANCE
10-53 TRAFFIC HAZARD
10-54 LOOSE LIVESTOCK
10-55 DUI
10-56 PUBLIC DRUNK
10-57 HIT & RUN
10-58 DIRECT TRAFFIC
10-59 ESCORT
10-60 IN THE AREA
10-61 ARE YOU OK?
10-62 ABANDONED VEHICLE
10-63 CLEAR TO COPY
10-64 EMERGENCY MESSAGE
10-65 BOLO-BE ON LOOKOUT
10-66 CANCEL BOLO
10-67 MISSING PERSON
10-68 RUNAWAY JUVENILE
10-69 MESSAGE DELIVERED
10-70 FIRE
10-71 FIRE SPECIFICATION
10-72 FIRE PROGRESS
10-73 SMOKE/FOG REPORT
10-74 NEGATIVE
10-75 CONTACT
10-76 EN ROUTE
10-77 ETA
10-78 OFFICER NEEDS HELP
10-79 NOTIFY CORONER
10-80 IN PURSUIT
10-81 BREATHALYZER OPER.
10-82 PERSON DOWN
10-83 SCHOOL CROSSING
10-84 BREAKING & ENTERING
10-85 STOLEN VEHICLE
10-86 VANDALISM
10-87 STOLEN PROPERTY
10-88 ASSAULT & BATTERY
10-89 BOMB THREAT
10-90 ACTIVATED ALARM
10-91 PICK-UP
10-92 PARKING VIOLATION
10-93 BLOCKADE
10-94 DRAG RACING
10-95 PRISONER
10-96 MENTAL SUBJECT
10-97 SIGNAL TEST
10-98 JAIL BREAK/ESCAPE
10-99 WANTED

SIGNALS

SIGNAL 1 SHOTS FIRED
SIGNAL 2 VICTIM AT__
SIGNAL 3 DRIVE UNDER SUSPN
SIGNAL 4 ARMED ROBBERY
SIGNAL 5 RAPE/SEX. ASSAULT.
SIGNAL 6 KIDNAPPING
SIGNAL 7 MURDER
SIGNAL 8 NARCOTIC CASE
SIGNAL 9 OUT OF COUNTRY
SIGNAL 10 TO COLUMBIA
SIGNAL 11 IN COUNTY
SIGNAL 12 NO INFO
SIGNAL 13 SUICIDE ATTEMPT
SIGNAL 14 STABBING
SIGNAL 15 RESUME NORM OP
SIGNAL 16 __IS CALLING YOU
SIGNAL 17 RADIO CHECK
SIGNAL 18 SUSPECT LOCATED
SIGNAL 19 OUT OF CAR W/SUB
SIGNAL 20 TOWER LIGHT OUT
SIGNAL 21 WATER LEAK
SIGNAL 22 URGENT
SIGNAL 23 WIRES DOWN
SIGNAL 24 FLOODING
SIGNAL 25 MEAL
SIGNAL 26 OUT OF CAR W/RADIO
SIGNAL 27 REMAIN IN SERVICE
SIGNAL 28 VISITOR PRESENT
SIGNAL 29 VISITOR PRESENT
SIGNAL 30 TRESPASSING
SIGNAL 31 INDECENT EXPOSURE
SIGNAL 32 SNAKE CASE
SIGNAL 33 PLANE CRASH
SIGNAL 34 MISSING BOAT
SIGNAL 35 ABC VIOLATION
SIGNAL 36 BLUE LAW VIOL.
SIGNAL 37 RIOT IN PROGRESS
SIGNAL 40 MISC.CALL
SIGNAL 41 STRONG ARM ROBERY
SIGNAL 42 GUN SHOT VICT
SIGNAL 43 FORGERY