

Cal-Surf News

Volume 4 Number 1

Summer 1994



L.A. County Fire Department Lifeguard and Fire personnel conducting joint training with the Coast Guard.



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Thank You for Supporting the Organization That Supports You

By CSLSA President B. Chris Brewster, San Diego

Lifeguards sometimes ask why they should be members of CSLSA and the United States Lifesaving Association (USLA). The answer is really quite simple. USLA and CSLSA are the only professional organizations representing lifeguards statewide and nationally. This is our profession and we all want the public we serve to understand the importance of the work we do for them. We want to make sure that lifeguard training levels are maintained, that beaches are guarded, that there is a professional lifeguard available to answer the call whenever help is needed.

These days there are constant threats to lifeguard staffing and training levels due

to ever tightening government budgets. By reminding the public we serve of the importance of our work, we help ensure that lifeguards remain on duty wherever they are needed. By promoting standardized levels of training, we help to ensure that lifeguards everywhere are trained to appropriate levels. Through public education, we help reduce drownings.

Our organization acts as a network among lifeguard agencies both nationally and internationally. If one agency develops a new technique or finds a piece of equipment that works, we all benefit as the information is shared.

Each year CSLSA publishes a salary

survey to compare wages of lifeguards at different agencies. These surveys can help greatly when local decisions are made about adjustments to lifeguard pay levels. American Lifeguard magazine informs us, four times a year, of the latest news on lifeguarding. The CSLSA newsletter is published twice a year.

By collecting and publishing statistics from each member agency, CSLSA reminds everyone of the tens of thousands of deaths prevented annually by open water lifeguards. Membership kits are distributed to our members each year with all sorts of items that can help us do the job better. Competitions are held each summer to encourage lifeguards to maintain high levels of fitness.

The United States Lifesaving Association is taking a leadership role in many other areas. We have published guidelines for the hiring and training of lifeguards nationwide that have caused many lifeguard agencies across the country to increase their standards. USLA has just published a new manual for use in training programs throughout America. It provides the latest information on lifesaving techniques and has already drawn an international readership. Over the last year, USLA has placed tremendous emphasis on spurring creation of adequate lifeguard protection in Panama City Beach, Florida, where ten people drowned last year.

These are the types of efforts lifeguards should mount and must mount to ensure that the nation's beaches are safe. These are the types of efforts we can only mount with your support. Your membership dues make all of these things possible and more. Bottom line, your membership dues support the only state and national organization that represents your profession --lifeguarding. And true professionals support their professional organization!

Lifeguards for Life!

Cal Surf News

is the official Newsletter of the

California Surf Lifesaving Association

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The CSLSA is a non-profit organization incorporated in the State of California. Its principal goals are water safety education and the promotion of professional lifeguarding standards. These goals are accomplished primarily through beach safety presentations to school groups, educational exchange programs with members of the World Life Saving organization and participation in regional competitions.

National Beach Safety Week

By Mike Beuerlein,
Huntington Beach

The CSLSA's new ripcurrent poster (designed by Ryan Buell Newman, a.k.a. King Buell, of Santa Cruz) arrived just in time for Beach Safety Week. The USLA declared the week of May 22-29 National Beach Safety Week. This early date was set to allow our public education efforts to reach children while they are still in school. A memorandum including sample requests for proclamations and news releases was sent to all CSLSA Chapter Presidents. Each chapter was responsible for acquiring their own local proclamations. Respect the Beach!

The CSLSA has A Hotline

Call 1-500-FOR-CSLSA (376-2757)

By B. Chris Brewster, San Diego

Need answers to question about membership, competitions, sponsorship, certification, or your subscription to American Lifeguard magazine? Now there's a way to get the answers. Just call 1-500-FOR-CSLSA. It's the California Surf LifeSaving Association's new recorded information line.

According to Chris Brewster, CSLSA President, "We've long needed a way for our members and the public to get the information they need about CSLSA programs and services. Now they can dial an easy to remember number from anywhere in the state or nation. This is one more way CSLSA is working to serve our members."

For years people had been frustrated by the inability to get in touch with CSLSA by phone; but the CSLSA budget does not allow for a permanent office. In an effort to resolve the problem, CSLSA acquired a telephone number and an answering system that provides a menu of options. For more in-depth inquiries that aren't answered on the recording, referral numbers are offered. CSLSA's next goal is to acquire a long page on the World Wide Web.

"Choices and Challenges"

Del Mar Lifeguards participate in local high school program showing students alternatives to substance abuse

By Eric Sandy, Del Mar

That was the title that caught our attention. The local high school, Torrey Pines, was planning a day of assemblies, information booths and speakers to provide the students with alternatives to substance abuse. "Choices and Challenges" was the theme for the day. Meanwhile, the Del Mar Lifeguard Association was looking for an opportunity to fulfill its pledge to promote beach and ocean safety through public education. What a perfect fit!

Our first challenge was to round up the troops, to find enough energy among the off-season membership to make this a successful presentation. Once the word started to filter out, it became obvious that the "can-do" attitude of our City's Community Services Department would definitely lead the charge. From the Director, Grant Larson, all the way through the ranks, the reaction was positive and productive. The Association would have a firm base of support from which it could develop a plan to provide a typically excellent DMLA

production. The Department provided logistical support with a truck and plenty of labor. We also made good use of the resuscitator, CPR models and other first-aid instruction equipment. Association President, Lifeguard Sergeant Jim Lischer, and others, donated their time to prepare for the day and to man the booth.

"In all, over 500 students visited our booth and hundreds more noticed the large banner that reminded them that a safe day at the beach was always a great alternative to substance abuse"

The obvious response to the central theme was "Always a safe choice - a day at the beach." From this point we began to assemble the props and visual aids vital to gaining the attention of the high school students. We chose a multimedia approach with all the color we could muster. Our

flags that indicate water use were a natural beginning. The Blackball" flag was an easy choice along with the solid Blue and Red. The Blue flag we use to focus the swimmers on the safest place to swim, the Red flag is placed next to the Blackball to warn the swimmers of the beginning of the surfing area.

The students were already familiar with the flags and so placing them at the corners of our booth was an immediate attention grabber. Students asked several good questions regarding beach and water safety after hearing the explanation of the flag system. Their reward for these questions was another attention grabber - "Lifesavers", the roll of mint candy. We had a stock of 200 rolls and quickly distributed them. We could have easily used another 200! The structure of our booth was the wire mesh frame supplied by the CSLSA.. This is a fine piece of equipment that served as a support for the posters, swim
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Bill Richardson Retires and Receives Life Memberships

By Bob Moore, L.A. County

Choices and Challenges

(Continued from p. 3)

fins, rescue tubes and other visual aids.

Continuing the multimedia theme, we set up a tape-recorder with the day's beach and surf report. This encourages the students to call the recorded message for daily conditions and safety information. To augment this, we had the day's tide and surf blackboard posted. And for the surf-dreamers among the students, we referred to the Surf-fax provided by Sean Collins.

Another visual information system was the video tapes provided by the CSLSA. "Swim near a Lifeguard" was easily the most popular of these. Additionally, printed fliers were available that detailed potential danger from sting rays, rip currents, in-shore holes and sudden changes in water depth. Other fliers dealt with proper sun-screen protection and the dangers of dehydration at the beach.

We also included our "Surf Chair" in the booth, donated by a generous beach patron. This specially designed chair allows those persons who are confined to a wheelchair to enjoy the beach. Many of the students showed interest and appreciation for this idea.

In all, over 500 students visited our booth and hundreds more noticed the large banner that reminded them that a safe day at the beach was always a great alternative to substance abuse. Besides being informative, the educational booth served as a great recruiting tool. Several students inquired about our student lifeguard/beach-aid program and wondered about how to pursue a career in lifeguarding.

For the Del Mar Lifeguard Association this was a tremendously positive experience in both educating the public and presenting a very professional image of our department. We felt that we had met the challenge in providing a strong case for a wise choice, a safe day at the beach.

After 32 years of safety service for the City of Huntington Beach, Marine Safety Captain and current President of the United States LifeSaving Association and Secretary of the California Surf LifeSaving Association, William J. Richardson retired on December 29, 1994. For his unselfish efforts and a history of commitment and dedication to the lifesaving field, he was awarded a Life Membership at the Spring meeting in Santa Cruz. Congratulations again for your past achievements and ongoing efforts!

Bill has been on the lifesaving scene since the 1960's. He is a leader in lifesaving, but enjoys working in the background. He does not ask to be in the limelight. For years, he was successful in both balancing his career as a lifeguard and as a behind the scenes worker for the National Surf Lifesaving Association. Bill took pride when others received credit for his background work. He knew the bottom line was a team effort for the benefit of public safety, not personal recognition.

In the 1970's, Bill was involved in international exchanges and training before it became popular. There was a lot of hard work to trailblaze a Junior Lifeguard exchange program with the New Zealand juniors, and he composed papers for World Lifesaving, i.e. International Signage. Working for the cause and not himself, he continued to work his modus operandi.

He often prepared materials for others and remained on the front line working for his agency while others presented his work.

In the 1980's, with retirements and position changes, Bill had an opportunity to continue as he had in the past with the option of becoming more active, i.e. representing his own ideas. He filled a needed void in the then Western United States Lifesaving Association, now the CSLSA. There was a need for a Secretary that could dedicate the time and effort that would legitimize the duties and functions of the region, CSLSA. He not only filled the need, but raised the level of the region's expectations with his documentation and punctuality.

After the first CSLSA Board of Director's meeting where he was Secretary, the meeting minutes were transcribed, copied, and mailed U.S. Mail that evening. That level of commitment set a standard that has enabled the Executive Board to follow-up on items immediately while they are still fresh in everyone's mind. It kept the wheels of the organization moving.

Bill's secretarial skills were so efficient that the CSLSA nominated him to be the USLA Secretary. Serving two terms as National Secretary, his businesslike operation earned the respect of other regions.

The USLA was an organization with lofty goals and much regionalism. *(Continued on p. 8)*



Bill Richardson (left) receives CSLSA Lifetime membership certificate presented by former CSLSA President Bob Moore.

California Lifeguards Tour New Zealand in Annual Exchange Program

By Chris Graham, Newport Beach



CSLSA's delegates Chris Graham, Newport Beach (left) and David Royal, Santa Cruz (right) rappelling down a waterfall in New Zealand.



Departed December 28; arriving Auckland NZ December 30.

We spent a few days in the bay of Islands with Tim Jago, the General Manager of Auckland Surf to wind down from the flight (jetlag).

After New Years we jumped into action. In the month of January we visited roughly ten surf clubs. Because of the vast beaches and minimal resources, NZ resorts to a flag system controlling the swimming area. Most surf clubs also provide a helicopter landing pad. Due to the rough coastline, helicopters are often used for making rock rescues.

Most surf clubs have lifeguard towers and one to two Inshore Rescue Boats (IRB's). The beaches are patrolled by professional lifeguards Monday through Friday. On the weekends, volunteers of all ages assist the paid guards in patrolling the beaches.

During the exchange we made roughly 20 rescues between us using both IRB's and rescue tubes. We both became IRB certified and did a good amount of cliff training (rappelling) and also trained with the helicopter (West Pac). We had a great time and would like to thank the CSLSA again for all the support!

**KIA KAHA, WAITOA
"BE STRONG, WATER WARRIORS"**

Lifeguard exchange delegates take off for helicopter lifesaving training at Auckland's new marine center headquarters.

**United
States
Lifesaving
Association
Lifeguard Agency
Certification
Program**

By B. Chris Brewster

In November 1992, the United States LifeSaving Association (USLA) Board of Directors unanimously endorsed a system to allow national certification of the training programs and standards of beach lifeguard agencies. This certification system does not involve direct certification of beach lifeguards by the USLA. Instead, upon favorable review, USLA extends national certification that an agency's training program and standards fall within the recommended guidelines of USLA at either the minimum or advanced level. Thereafter, candidates who successfully complete the agency's training program may be certified by the agency as having completed a training program certified as meeting the guidelines of the United States LifeSaving Association.

To obtain copies of the 'Guidelines for Open Water Lifeguard Training and Standards' published by the USLA, which contains the necessary information and steps to be taken for an agency to become certified, write to:

USLA Lifeguard Agency Certification Program

P.O. Box 9009

San Diego, CA 92169-0009

CSLSA is Looking for Two Lifeguards for New Zealand Exchange Program

By Kai Weisser, Huntington Beach

The primary purpose of this exchange program is to promote professional lifeguarding standards and to continue the camaraderie between New Zealand and California lifeguards. Every year, two California lifeguards tour the New Zealand North Island. The Auckland extends their hospitality to the Americans at their finest beaches and surf clubs. The California SLSA reciprocates a similar program along the California coast for the visiting Kiwis.

- Eligibility: All members of the California Surf LifeSaving Association.
When: Approximately December 27 through February 14 annually.
How: Must have a minimum of three summers lifeguard experience.
Must have three years membership with the USLA.
Must write a letter of interest.
Must present two separate letters of recommendation:
1. From your chief lifeguard or lieutenant.
2. From your local SLSA chapter president.
Must complete the interview process.
Must participate in the hosting phase of the visiting Kiwi's.
Deadline: Each summer, postmarked no later than the last day of July.
Interview: Each summer in mid August, details to be announced.

California Inter-Agency Lifeguard Exchange Programs

By Kai Weisser, Huntington Beach

This exchange program is intended for California lifeguards interested in observing operations of other agencies. The intent is to compare and learn different techniques and philosophies of Lifesaving throughout California. Under this program, one lifeguard agency sends an on-duty lifeguard to another agency for one day. During the day, the host agency puts the visiting lifeguard on the beach in a ride-along type capacity. Later the host agency switches roles, sending a lifeguard to the other agency for the same type of visit.

A common method of initiating an exchange is in conjunction with training programs by different agencies. Those agencies which open training participation to lifeguards outside their own agency provide such an opportunity. Training programs may include agency medical, rescue equipment and techniques, enforcement and others.

The California SLSA strongly encourages each lifeguard agency to support two (2) exchange requests each season. The long-range goal is to contact all agencies within the California SLSA. Marine Safety and Lifeguard agencies are also encouraged to open training programs to outside personnel. Announcements and promotion of these should also be considered.

All exchange information: Write to the California SLSA, Exchange Committee, P.O. Box 366, Huntington Beach, CA 92648.

L.A. County Obtains CSLSA Support for Funding Request to Resolve Funding Impasse Regarding Eight State-owned County Beaches

By Rob McGowan,
L.A. County

CSLSA members from L.A. County requested support from the CSLSA in the form of a letter to the State Director of Boating and Waterways supporting the L.A. County Fire Department's application for funding. This request for funding is part of L.A. County's efforts to work out a compromise with the State over the operating costs of the eight state-owned beaches in L.A. County. The executive Board voted to support L.A. County in this effort and CSLSA President Chris Brewster will write the letter to Boating and Waterways.

A second issue in the State vs County controversy came to light at the meeting. Apparently, some lifeguards have been publicly circulating materials that are disruptive to the ongoing State/County negotiations. These materials purportedly are not entirely factual, especially when representing the salaries of L.A. County Lifeguards. It was agreed by the members of the Executive Board present at the meeting that it was not in the best interest of the CSLSA to have member chapters spreading incorrect information about other member chapters of the lifeguard services they represent. The Board felt that this matter demanded looking into, and President Brewster agreed to address a letter to all CSLSA member chapters asking that CSLSA members refrain from any public comments that might tend to diminish the perception of lifeguards as professionals or to demean fellow lifeguards.

Who To See for A Sports Injury

By Dr. Thomas A. Gallagher, Huntington Beach

If you think medical schools train sportsmedicine doctors to care for all your sports related injuries, think again. Sportsmedicine is barely acknowledged in most medical schools. In fact, one study found that only 4 percent of medical schools require students to study exercise topics.

Sportsmedicine specialists are self-taught. They are health professionals, such as chiropractors or family physicians who develop an interest in treating athletes. To gain knowledge, they see professional groups that offer seminars, information and certification.

Who, then should treat your sports injuries? As with problems unrelated to sports, you should see someone who specializes in treating your type of injury. If it's a sports injury, the specialist should have added knowledge and experience in treating these injuries. Look for a specialist who works with the underlying cause of your injury and who recommends conservative treatments before surgery. Also, look for someone who feels that ending your exercise program is the last resort.

Here's a rundown of who to see for which ailment:

Foot and Lower leg: These injuries are treated by a variety of specialists, including orthopedists, osteopaths, physiatrists and chiropractors. Leading the pack is the doctor of podiatric medicine (D.P.M.), or podiatrist. Podiatrists complete four years of training at a college of podiatric medicine, then a residency. Training focuses on the foot and foot-related problems. Podiatrists are licensed to perform surgery and prescribe medication. They can help you find the cause of your injury by watching you run and the way your body moves biomechanically.

Thigh and hip: These injuries are seen by osteopaths, physiatrists, chiro-

practores or orthopedists. Chiropractors are different in their philosophy, which stresses a scientifically based, holistic approach to treatment. Chiropractors look at your injury and try to determine if there is a structural cause, either at the injury site or in another body part that affects the injury site. "Whereas M.D.'s often take a disease-oriented approach to looking at problems, chiropractors concentrate more on your anatomy, physiology and biomechanics."

Doctors of chiropractic medicine (D.C.'s) focus on manipulation and adjustment of the spinal column and joints to treat injuries. They train for 10 semesters at a chiropractic college after a minimum of 3 years of undergraduate study in the sciences, and they're licensed by the state. They do not perform surgery or prescribe medication. Chiropractors work to restore repetitive function and increase range of motion in a joint so that a runner can withstand the impacts of running. People need to be slowly nurtured into an exercise program and not expect instant results. Exercise and fitness are lifelong processes. Correction of muscular skeletal injuries are remedied through assessment and correction of imbalances or limited ranges of motion."

Lower back: Those who have lower back injuries are sometimes seen by orthopedists, but, most often, they are seen by chiropractors, osteopaths and physiatrists. Physiatrists are M.D.'s with a physical therapy approach to treating all types of athletic injuries. The Agency for Health Care Policy and Research (AHCPR) of the U.S. Department of Health and Human Services, in a milestone study involving a multidisciplinary panel of health care experts, concluded that spinal manipulation is the safest, drugless initial form of
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Bill Richardson

(Continued from p. 4)

There was a period when the national organization was faltering. There was a need for leadership. Someone that could run a smooth meeting, keep order, and return correspondence both written and verbal. Bill, through his professionalism, had earned the respect of people in other regions, something that was needed to move the USLA to the next level. Bill, knowing he could do it, but not wanting to overshadow others who might be interested in the Presidency, quietly allowed his name to be put forward. He basically said that, you know me, you know who I am, if that is what you want, I'll be honored to serve.

Bill is completing his second term as President of the USLA. Under his leadership the regions are working together mostly. Items such as the textbook and certification have come to fruition during his rein. Bill would never take credit for these accomplishments. Without Bill's guidance and direction, the parties concerned would never have come together to achieve the goals of the organization.

As Bill said something to this effect at his retirement dinner on December 29, 1994, "The compliments are unnecessary, I did it because I believe in it."

William J. Richardson was presented with a Life Membership from the California Surf Lifesaving Association on April 28, 1995. One week later, on May 6, 1995, he was presented with a Life Membership from the United States Lifesaving Association. Life Membership is the highest honor that both the USLA and CSLSA can give for service to lifesaving. There are very few Life Members in either organization. Bill was pleasantly surprised at each occasion.

He shouldn't have been surprised, he deserved it!

CSLSA

COMPETITION

NEWS

By Rob McGowan, L.A. County

The dates for the USLA Nationals have been set for August 10, 11 and 12. The Junior Guards will compete on the 10th, with the Lifeguard events on the 11th and 12th. I've been in contact with Jim McCray, the 1995 Nationals Chairman, and I know he's been working very hard to make the 1995 Nationals a success. If your chapter has not already received the "Travel and Accommodations Info Packet" or the pre registration forms, please contact me and I'll make sure you receive one. Jantzen pulled out as the title sponsor, but through the work of Jim McCray and Dick Colosi, Yamaha came on board as the title sponsor and from all preliminary indications, the event should be great. In case you didn't know, the Pacific Northwest Region, with the Santa Cruz Surf Lifesaving Association are the hosts of the 1995 Nationals.

Junior Guard Regionals will be held in Huntington Beach on Friday, July 21 and the CSLSA Regionals will be at San Clemente on Saturday, July 22 in conjunction with the San Clemente Ocean Festival. I have been talking regularly with the event organizers in San Clemente, and the event promises to be as good as ever. They have even designed a new medal this year. Please note that this is a change from the originally scheduled dates. A big thank you to the Huntington Beach Lifeguards for picking up the J.G. Regionals.

There are a few recent rule changes that you should be aware of for the upcoming competition season:

(1) Masters and Veterans events will be held as Finals in the morning.

(2) All events will now score for team scoring, not just the top 8.

(3) Relays must be signed up by team captains only. This is so we don't get each member of a relay team signing up for the relay events. This includes two person

events such as the Rescue Race and the Rescue Board Rescue Race.

(4) The Veterans will now compete in all the same races as the Masters, to be run at the same time.

The PSLA schedule for this summer is:

- June 24 at the Manhattan Pier
- July 1 at East Beach, Santa Barbara
- July 8 at San Clemente Pier
- July 15 at Oceanside Pier
- August 19 at Zuma Beach.

There will be a team cash prize for the top three teams in the Ocean Ironman Relay and individual prizes including watches, sunglasses, wetsuits, clothing and more.

Thanks to Bill Richardson, our Regional Secretary and USLA President, the CSLSA has been invited to be a part of the U.S. Open of Surfing at Huntington Pier on Saturday, August 5th. Prime Sports Events Group has approved the following events:

1. Three lap Dory Race
2. One lap Surf Ski Race
3. One lap 10'6" Rescue Board Race
4. Surf Rescue Race
5. Ironman
6. American Ironman

This will be an "Open Division" event and entries will be limited, and will probably be based on Regionals results. There will be awards for the top three in each event and "incentive gift packages" for each competitor. The opportunity to receive outstanding TV coverage is another incentive that must not be overlooked.

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How Can Computer-Assisted Training Help Open-water Lifeguards?

By James Frazee, San Diego

"The occupation of modern lifeguard is so multifaceted that today's lifesavers face a constant barrage of often inadequate and at times dangerously arcane methods of recertification and training. In some cases, this public safety threat can be reduced by the implementation of instructor-led CBT."
James Frazee

Personal Computers (PC's) are becoming inexpensive and common in both schools and the workplace. This has encouraged some to proclaim that microcomputers are the panacea to all the problems of education and training. In fact, some CBT (computer-based training) proponents suggest that this medium's delivery capabilities make it superior to other instructional modes. All instruction, whether it is instructor led or delivered by computer, book, or television teaches well only if it is meaningful to the student.

Research on CBT in the journal of *Training and Development* states that within the past decade PC games and simulations have been surprisingly successful in the classroom. One power of CBT is that through computerized simulations, designers can create meaningful experiences that model actual mental operating systems and conditions that participants confront in their daily life. Unlike many traditional teaching practices, CBT can help bridge the gap between "knowing" and "doing" by teaching theory in the situation it is used.

Computer-based simulation provides the opportunity to create a risk-free experiential training environment designed to develop crisis management skills and procedures. Simulations can create environments full of genuine but nonthreatening pressure, allowing people opportunities to practice their skills under stress.

CBT, and in particular computer-based simulations, have the ability to develop trainees "battlefront" skills in the

safety of a computer environment, thereby enabling the learner to understand even highly abstract training concepts. In addition, computer-based simulations sometimes meet resistance with learners who may have a fear of computers.

What are the benefits for open-water lifeguards? For lifeguards, most knowledge manifests itself in an executable or procedural manner. This is the class of knowledge most often used in CBT. CBT, and in particular computer-based simulations, can serve three purposes for life

automaticity. Automaticity allows the lifeguard to see the subtleties of a rescue situation. This is true because the diagnostic evaluation of the scene becomes so automatic that it frees up perceptual resources to become aware of the discriminating signs, signals, and messages of the rescue.

Once a procedure is memorized to the point of automatization, the learner is in a better position to devote his or her cognitive resources to logical induction. Computer-based simulations give the learner practice in reasoning from particular facts to a gen

“ Due to the time critical nature of public safety, trainees need to be able to have rescue protocols committed so firmly to memory that they are second nature. ”

guards. First, training. Procedural simulations will teach learners how to perform tasks following a standardized protocol in an environment of unforeseen circumstances. Second, evaluation. Although most computer simulations are not played as games, they do keep track of the learners' scores. The score determines the need for additional or remedial training. Third, motivation. Similar to taking an exam, the learner's score is a source of motivation to perform well.

It is hypothesized that CBT technologies can help lifeguards in the area of automaticity. Automaticity occurs in a learner when the procedure they are performing is so familiar, or well practiced that it is done almost without thinking.

Due to the time critical nature of public safety, trainees need to be able to have rescue protocols committed so firmly to memory that they are second nature. By utilizing crisis-management, procedural types of simulations lifeguards can obtain the ability to perform a task while engaged in higher level thinking. For instance, auto-

eral conclusion, thereby enhancing both automaticity and induction.

What are some of the applications for lifeguards? Two computer-based simulations designed by students in the Department of Educational Technology at San Diego State University are possible applications. The first is the Emergency Medical Technician-Defibrillation (EMT-D)[®]. The second is Cliff Commander[®], a cliff rescue simulation for San Diego Lifeguards. The EMT-D simulator originally was designed by Greg George, a firefighter/paramedic for the City of San Diego. The simulator has recently been approved by the San Diego County Office of Emergency Medical Services as a valid form of training and evaluation mandated by the County of San Diego for EMT's.

The EMT-D simulator serves two purposes. First, as a stand-alone interactive computer-based program, it provides a means of machine-scored evaluation. This relieves the burden on fire department personnel who traditionally have to visit each fire station and spend their time conducting
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Computer-Assisted Training

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human-scored evaluations. Second, the simulator is available for EMT trainees 24-hours a day. This ability for self-paced instruction, when the firefighter is available, conserves emergency personnel resources, and facilitates their primary role in quick response.

The EMT-D simulator is currently in a pilot testing stage. Field testing at several San Diego City Fire Stations has yielded an extremely positive reaction. However, reactionary data alone is insufficient to determine the effectiveness of this program. A formal empirical evaluation is currently in progress.

Cliff Commander is a procedural simulation designed by students in "Exploratory Learning Through Simulation and Games", a graduate level CBT course at SDSU. The group was led by myself, a Permanent (year-round) San Diego Lifeguard. The group set out to create a risk-free experiential learning environment where cliff rescue trainees will be given practice, testing and feedback on prior hands-on instruction.

The simulation (in-progress) is meant to supplement, not replace, the traditional in-service, outdoor learning experience. The motivation behind using a simulation to enhance cliff rescue training is threefold. First, a computer-based simulation can assist in the higher-level understanding and analysis of complex processes by allowing skill acquisition in a safe environment. Second, Cliff Commander is a time-efficient means of training lifeguards in several different types of calls, (e.g. an injured victim in a stable position versus an uninjured victim in a precarious position). The system is designed to generate multiple cliff rescue variations for the learner to gain practice, testing and feedback with, while not taking them out-of-service and away from their normal lifeguard station. This facilitates their primary role of immediate and primary emergency response to water rescue. The final reason to implement a computer-based cliff rescue simulation is to formally assess and evaluate the quality of

the existing (16 hours annually) hands-on training program in an easily documented and replicable manner.

Furthermore, the simulation will be used to fulfill the need for a consistent cliff-rescue training schedule throughout the year. The simulation will provide practice at equal intervals throughout the year, and it will test learners at different times in the year to see how much and what information and skills are forgotten. Desktop computer power is doubling every 18 months, and with this increased power in technology we have new ways of creating instruction that is both dynamic and interactive.

The vast majority of lifeguard instructors have no formal training in instruction, and although they generally are regarded as highly skilled, subject matter experts, they need knowledge of how to structure and deliver course materials. By devising computer-based simulations that provide a record of what was taught and what was not, designers can supplement current lifeguard training programs and assess the effectiveness of trainers. This evaluation of instructor and student perfor-

mance can be used to establish a baseline assessment of the quality of training.

Mastering a procedure requires automatization. The trainee must develop the ability to perform a task, sequence of steps and/or decisions almost without thinking. This can be facilitated by the timed repetition and practice that computer-based simulations can provide. The ability to train learners to the point of automatization is seldom realized. Presently, only after years of on-the-job experience do learners develop the critical automaticity required of public safety personnel. This problem can be addressed with the implementation of CBT.

Note: This article was compiled from portions of a thesis paper by James Frazee, a graduate student in the Department of Educational Technology at San Diego State University. James is employed by the City of San Diego as a year-round permanent lifeguard (sworn peace officer and EMT certified).



Computer-assisted training can supplement open-water lifeguard training. Photo courtesy San Diego Lifeguards.

Competition

(Continued from p. 8)

The 1996 World Titles, "Rescue 96", are scheduled for Durban, South Africa in May of 1996. There are plans to hold a World Masters Titles at the same time. I have some brochures and information about the event. Please get in touch with me if you are interested. Along this line, permanent funding for a National Team to represent the USLA at World Titles was discussed at the most recent National USLA meeting, with the feeling being that some source of financing must be secured. Dick Colosi was given the go-ahead to try to secure this kind of funding. This does not preclude anybody from also securing funds for a USLA National Team to compete at World Titles. Club teams are also encouraged to send a team.

Don't forget that the 10'6" Paddleboard is now the standard for all Regional and National Competition, the 12 foot boards will not be allowed in competition.

In spite of the recent jurisdictional changes at some of the L.A. County beaches, there will be a Taplin Relay this year as part of the International Surf Festival. Since sponsorship has pulled out of the Surf Festival, the dates and times of the Taplin and L.A. County Intercrew are not firm at this time, but tentatively the Taplin will be held at Torrance Beach on Saturday, July 29. Get your teams together and I'll see you on the starting line. The L.A. County Intracrew tentatively will be contested on Friday the 28th.

GREG V. BOYER
ATTORNEY AT LAW

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Who to See For Your Sports injury

(Continued from p. 7)

treatment for acute low back problems in adults. Ninety-four percent of all manipulations are performed by Doctors of Chiropractic.

What's next? After diagnosis and treatment by a doctor, you may be referred to a physical therapist or athletic trainer. They work closely with doctors and are knowledgeable about rehabilitative technique to help you return to normal activity. Physical therapists hold a bachelor's or master's degree, and they're licensed professionals. In many states, patients must receive a referral from their doctor to see a physical therapist, but this practice is slowly changing. Athletic trainers are certified professionals who hold a bachelor's degree in a fitness-related field, train for 1,500 hours under the supervision of an athletic trainer, take basic first aid and adult CPR and take seven required college courses, including kinesiology and human physiology.

To find a sportsmedicine specialist, a good source can be local runners and coaches.

Get Your Boats Ready! Dory Season Started June 11 at Long Beach

By Al Lavayen

The 1995 National Dorymen's Association kicked off with the traditional Long Beach Flat water race on June 11, 1995. Defending champions Dave Este (L.A. County) and partner Robert Torres (L.A. County) returned to try to maintain possession of the Paul Mathies Perpetual Trophy awarded annually to the overall point winners for the season. It includes a series of 3-Lap Surf races, mid-distance races and the Catalina Classic Channel Race at the end of the season.

The N.D.A. will participate as in years past in conjunction with the Bud-Lite Ocean Race series. For further information regarding the N.D.A. schedule and participation please contact:

Al Lavayen at (714) 367-1088

Thank you to all the California Lifeguards. Keep up the good work! Call us for specialized P.W.C. Ocean Rescue Training.



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- Dania Marine Rescue
- Coronado, CA Lifeguards
- Solana Beach, CA Lifeguards
- Riviera, FL Beach Patrol
- Willamalane, OR Lifeguards
- Dade County, FL Lifeguards
- Lake Mission Viejo, CA Lifeguards
- State of California Jr. Lifeguards
- Lavallette, NJ Lifeguards
- City of Bloomfield, CO Lifeguards
- Deerfield Beach, FL Lifeguards
- Del Mar, CA Lifeguards
- Lake Tahoe State Park
- Delray Beach, FL Lifeguards
- Encinitas, CA Lifeguards
- Grandview, MO Lifeguards
- Hampton, VA Lifeguards
- Henderson, NV Lifeguards
- H2O Outfitters, ME
- Plano, TX Lifeguards
- Milwaukee, WI Lifeguards
- Dundee, IL Parks & Recreation
- Delaware State Park Lifeguards
- Emerald Bay, CA Lifeguards
- Atlantic City, NJ Beach Patrol
- City of Tempe, AZ Lifeguards
- Florida Atlantic Univ. Lifeguards
- Vero Beach, FL Lifeguards
- City of Vandalia, OH Lifeguards
- Lack's Beach Service, Myrtle Beach, SC
- Lee Co., FL Parks & Recreation
- Martin Co., FL Beach Patrol
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- O.A.R.S. Rafting Co.
- Ocean Water Resort, CA
- Ocean Outfitters, NY
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