Student Lifeguard Training

Campus Recreation held a student lifeguard staff development training session on March 23rd to educate and practice emergency responses. The student staff came together for an In Service Training session at Lee Hall Pool. The training gave Campus Recreation Lifeguards the chance to practice and visualize a backboard extraction of potential participants with a head or back injuries from the pool.

This training was led by Kaitlyn Tkachuk, the Head Lifeguard here at Campus Recreation. In the training the staff was given a scenario, of an injured person who hit their head on the wall and was suspected of having a head, neck or back injury. The students got a visualization of how to correctly call for help and extract the injured participant out of the pool using a backboard. After the scenario the group critiqued the procedure and mutually agreed that the procedure is safe and time effective. Along with the water training, the lifeguards also reviewed the emergency action plan and Campus Recreation employee policies.
This training benefited the student Campus Recreation lifeguards by making the lifeguards more confident, so they are able to be comfortable in situations and effectively do their job.

Staff development training happens once a semester with the Campus Recreation lifeguards so it allows the staff to improve their decision making skills and fine tune rescue procedures. You can swim every day at Lee Hall Pool, here is the link to the hours https://www.oswego.edu/campus-recreation/aquatics. Be sure to stop in to do some laps or float around in the tubes, and don’t forget to say hi to the lifeguard.