

COLUMBIA COUNTY HEALTH DEPARTMENT

325 Columbia Street, Hudson, NY 12534
(518) 828-3358 (518) 828-2666 Fax

From:	Amy E. Schober Public Health Technician	To:	James- Livingston Town Deputy Supervisor
Date:	6/4/2009 12:32:00 PM	Company:	Livingston Town
Fax:	(518) 828-2666	Fax:	(518) 851-2466
Tel:	(518) 828-3358	Re:	Twin Lakes Beach

Number of pages including cover sheet:	9 pages
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Message:

Dear James,

FILE COPY

Enclosed are the New York State Sanitary Code Subpart 6-2 requirements for bathing beaches. Preliminary plans and an engineer's report must be submitted to our engineer, Mike DeRuzzio, for review prior to the preparation of final plans. Subpart 6-2 states that no approval for construction shall be issued until final, complete, detailed plans and specifications have been submitted to the permit-issuing official and are approved. Documents submitted for approval shall contain sufficient information to demonstrate to the permit-issuing official that the proposed bathing beach will meet the design standards indicated in the code.

Supervision Level IIB lifeguards will be required at the bathing beach when any of the following are present: water depth within the designated bathing area is five feet or greater; diving boards; flotation devices; bottom conditions hazardous to bathers; aquatic amusements; bathing area perimeter is 50 feet more from shore; beach slope is steeper than 1:8; or slides that discharge into water. At least one aquatic supervisory staff person having at least the required supervision level shall be provided for each 50 yards of beach front or fraction thereof at bathing beaches required to use Supervision levels I and II. Please contact our department with any questions. (518) 828-3358. Thank you very much.

Amy E. Schober
Columbia County

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David Lee

Achievements celebrated midyear

Hudson middle schoolers from the sixth grade class of Thomas Super (at rear) examined displays for Black History Month, February, created by students at the school during their "Hundred Days" celebration. During the event Friday, which marks the midpoint of the 2007-08 school year, those students with notable performances,

attitude and efforts are recognized, while other students are encouraged to excel in the second half of the year. Good behavior during the first half of the year results in a "choice pass," which could be added to the pool of tickets from which raffle winners were chosen.

ROU. R.P. Garro, Assistant Chief Engineer for CSX in Jacksonville, Fla., wrote in the letter that the company is not liable for replacement of the closed bridge on Schoolhouse Road under Federal Railroad Law, citing several examples. "Even though I am disappointed, this is what I expected" said town Supervisor Valerie Bertram of the company's apparent disavowal of responsibility for building a new

Continued on page 10

Livingston buys itself a beach

Town purchases over 2 acres at the North Lake for residents' use

By RICHARD ROTH

LIVINGSTON—The Livingston Town Board has agreed to purchase a 2 1/2-acre lakefront lot in Elizaville on the North Lake, one of the twin lakes in the town. The purchase price is \$120,000.

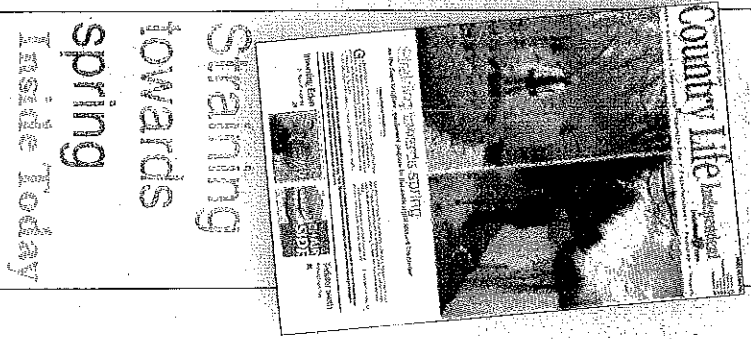
The board made the decision after a lengthy, sometimes contentious public hearing preceding their regular monthly meeting Thursday, February 14.

"The contention was that people were not aware it was being done," *Continued on page 10*



The Town of Livingston is in the process of purchasing a 2 1/2-acre lot on the North Lake in Elizaville, above. The burned-out shell of the Lake Loft, above, will be hauled away and the land cleaned up to allow town residents access for swimming, boating and ice fishing.

David Lee

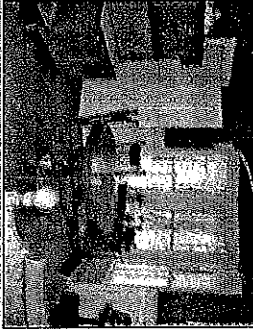


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Bertram. She said the railroad company should pay the town's share. The letter says that CSX "prides itself in being a good neighbor" and "takes the safety of the community and our employees very seriously."

Livingston

Continued from page 1

said Arlene Sweeney, president of the Twin Lakes Property Owners' Association. "They resented that they didn't know about it."

The public hearing was advertised in advance as required by law. But negotiations had been carried on quietly before the contract was signed, in part because the town was acquiring the land at a bargain price and didn't want to lose out to a higher offer.

The property was previously owned by Elizaville Entertainment Center, Inc. Ed Thaler is the principal of that company.

"The property does have some weird deed restrictions," Town Supervisor Phil Williams said Friday. "All the people that live in the

order the bridge closed. Mr. Clark also made similar observations about the trestle over nearby Ridge Road. According to the letter from CSX, both the company and an indepen-

Sullivan, director of media relations for the railroad company. The letter says that the company "looks forward to coordinating with the town regarding future maintenance at the time the bridge is

would result if the town or other parties take the company to court. The letter from CSX promises that the company commits "to continue our dialogue with town regarding these issues." Copies of

view at Town Hall, she described Shuyvesant's elected federal and state representatives as fully on board in terms of helping the town. "We want to be the little town that could," said Ms. Bertram.

'Our interest is just to make it green space, to make it safe and clean it up for the neighborhood.'

**Phil Williams, supervisor
Town of Livingston**

area had access to the lake through this property, plus North Shore Road goes right through the property."

Ms. Sweeney confirmed that property owners within the original subdivision were given rights to use the property for lake access. "Everybody goes down there ice fishing," said Ms. Sweeney. "It's a well-used lake, no doubt about it."

The property being purchased has some of best beachfront on the

lake, according to Ms. Sweeney.

While much of the shoreline is "mushy underneath," she said the beach at this location is "hardpan." The lake itself is fed by a spring and is generally pristine. Ms. Sweeney said one property owner, upon having both his well and the lake water tested, was told he could "swim in the well and drink the lake."

The property, on the other hand, is far from clean. The last business

that operated there, Lake Loft, closed approximately 20 years ago. And the Department of Health has been called in many times since then, according to Ms. Sweeney. "[Vandals] broke into the building and used the plumbing without water," she said. "The owner was constantly brought down on charges."

All that remains of the Lake Loft now is a burned-out shell, which the town intends to remove as soon as the title is transferred. "Our interest is just to make it green space, to make it safe and clean it up for the neighborhood," said Mr. Williams. "It's used by almost the whole community of Elizaville, and we thought it would also be an opportunity to give access to the water for the Fire Department."

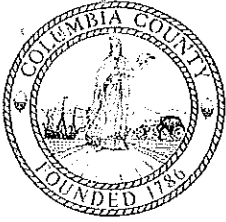
Because vandalism, dumping, and other "questionable activities"

have been an ongoing problem, Mr. Williams said, the current owner first indicated he might be interested in selling to the town several months ago.

"We said 'if you want to sell what would be the price,' but we didn't hear much until after the incident where kids actually set fire to the place," said Mr. Williams. "Then he called back. He knew it would be a liability for him."

Mr. Williams said the Town Board wants to involve the entire Town of Livingston, but especially the residents of Elizaville, in deciding how the property will be used. "Nobody likes the town to spend money," he said, "but I think the community is really excited about it."

To contact reporter Richard Roth, e-mail rroth@IndelNews.com.



Columbia County Department of Health

Nancy A. Winch, R.N., M.S.
Public Health Director

325 Columbia Street Hudson, • NY 12534 • (518) 828-3358 • Fax (518) 828-2666

February 20, 2007

Philip Williams
5 Wire Road
Germantown, New York 12526

Re: Proposed Town Beach
Livingston Town

Dear Supervisor Williams;

We noticed an article in the Independent newspaper on February 19, 2008, that land on North Lake in Elizaville, had been purchased by the Town of Livingston for swimming, boating and ice fishing. We would like to advise you that before swimming can be approved by our Department, a number of items have to be addressed. Please note pages 18-33 of the enclosed New York State Sanitary Code subpart 6-2.

If your Engineer has questions, please have him contact our Engineer, Michael DeRuzzio, 518-828-3358 extension 1238 to discuss the necessary requirements.

If you have any questions, please feel free to contact my office at 518-828-3358 extension 1208.

Sincerely,

Cynthia Gimber
Director, Environmental Health

cc: Nancy Winch, Public Health Director
Amy Schober, Public Health Technician
Mike DeRuzzio, Engineer, Environmental Health



2.17(a)(1)(iii): One U.S. Coast Guard approved ring buoy at least 18 inches in diameter fitted with a quarter inch diameter line a length of 50 feet, and a reaching pole, 15 feet long.

(2) Each lifeguard stand shall be equipped with a whistle or megaphone, and an umbrella or sunshade.

(3) Elevated lifeguard chair(s) shall be provided at all level I and II beaches. A minimum of one chair is required for each 50 yards of supervised beach front or at locations described in the approved safety plan as required by Section 6-2.17(c). Elevated lifeguard chairs shall be located to provide a clear unobstructed view of the bathing area. Where swimming or diving is permitted more than 150 feet from the shoreline, lifesaving patrol boats or offshore lifesaving stations shall be provided.

(4) Safety equipment shall have its function plainly marked, and shall be kept in ready condition.

(5) Floating lines shall mark the boundaries of the swimming, wading and diving areas in accordance with the provisions of section 6-2.19, item 4, 7, of this Subpart. Swimming shall be prohibited outside the marked area.

(6) A bathing beach with consistent actual bather use of 500 or more bathers shall have and maintain a readily accessible building for emergency care. This building shall be equipped with an advanced first aid kit and a resuscitator.

(c) Safety plan. Operators of bathing beaches must develop, update and implement a written beach safety plan, consisting of: procedures for daily bather supervision, injury prevention, reacting to emergencies, injuries and other incidents, providing first-aid and summoning help. The safety plan shall be approved by the permit-issuing official and kept on file at the beach. Approval will be granted when all the components of this section are addressed so as to protect the health and safety of the bathers, and the plan sets forth procedures to insure compliance with this Subpart.

6-2.18 Operator and operating records.

(a) Each bathing beach shall be under the supervision of a competent operator who shall require the careful observance of sanitary regulations prescribed in this Part and the requirements of the permit issued for such bathing beach.

(b) The bathing beach operator shall maintain daily records indicating the daily number of bathers using the beach, number of lifeguards on duty, weather conditions, water clarity, the results of any water quality laboratory reports, and reported rescues, injuries and illnesses. Upon completion, the records shall be maintained at the facility for 12 months. The permit-issuing official may require submission of reports at periodic intervals.

6-2.19 Bathing beach design standards.

0.0 Introduction. These standards are to be used by public health officials, design engineers and architects, and the owners and operators of bathing beaches for the design of new or modified bathing beaches regulated by this subpart. These standards are enacted to ensure adequate design and establishment of bathing beaches, reflecting current safety and sanitary requirements. These standards are applicable to all bathing beaches located on ponds, lakes, streams or other bodies of water in the State.

1.0 Definitions.

1.1 Bathing beach shall mean a bathing place, together with any buildings and appurtenances, and the water and land areas used in connection therewith, at a pond, lake, stream or other body of fresh or salt water which is used for bathing or swimming with the express or implied permission or consent of the owner or lessee of the premises or which is operated for a fee or any other consideration or which is openly advertised as a place for bathing or swimming.

1.2 Uniform Code shall mean the New York State Uniform Fire Prevention and Building Code, 9 NYCRR Subtitle S, Chapter 1.

1.3 Adequate shall mean sufficient to accomplish the purpose for which something is intended, and to such a degree that no unreasonable risk to health or safety is presented. An item installed, maintained, designed and assembled, an activity conducted or act performed, in accordance with generally accepted standards, principles or practices applicable to a particular trade, business, occupation or profession, is adequate within the meaning of this Subpart.

2.0 Submission of plans.

2.1 General. Preliminary plans and the engineer's report should be submitted for review prior to the preparation of final plans. No approval for construction shall be issued until final, complete, detailed plans and specifications have been submitted to the permit-issuing official (PIO) and are approved. Documents submitted for formal approval shall contain sufficient information to demonstrate to the permit-issuing official that the proposed bathing beach, or improvements thereto, will meet the design standards specified in this section, and shall include, but not be limited to:

2.1.1 Detailed description of the watershed, with location and identification of all potential sources of contamination, including any anticipated future development.

2.1.2 Location of access roads, parking, buildings, water supplies, sanitary and storm sewers, electrical and telephone services and the proposed facilities relative to existing facilities.

- 2.1.3 Date, address, name, professional seal, and signature of the designing engineer or architect.
- 2.1.4 Location relative to nearest population center with service facilities, such as medical, fire protection and communication.
- 2.1.5 Maximum and average attendance and swimmer loads.
- 2.1.6 Source, quality, quantity and characteristics of water.
- 2.1.7 Area designations, bottom slopes and materials.
- 3.0 Sanitary survey report.** A report reflecting the results of a sanitary survey shall include the following information:

- 3.1 Watershed supplying bathing area. A map shall depict the watershed, including but not limited to existing waste-water discharges, landfills or other facilities that may have an impact on water quality, adjacent land use and major physical contours, highways, etc. The extent of the watershed to be mapped should be based upon knowledge of the characteristics of the watershed. All potential sources of pollution and waste-water discharges must be shown.
- 3.2 Plot maps. A map drawn to scale, showing the actual bathing beach location, dimensions, contours, existing land use and wastewater discharges within 10,000 feet of the proposed beach, unless otherwise required by the PFO.
- 3.3 Water level. Seasonal or anticipated water level variations.
- 3.4 Sources of contamination. Listing of type and size of existing and potential sources of contamination, volume, occurring only with specific weather conditions, and the concentration of the materials in the effluent that might adversely affect the bathing beach water. The potential for contamination during and after storm events must be included.
- 3.5 Weather and topographical influences. Prevalent wind direction during bathing season, rainfall, current measurement, topography, or unusual factors.
- 3.6 Bathing beach water quality. A history of the bacteriological quality, pH, and the turbidity of the proposed body of water shall be researched from all possible sources. The results of at least one set of representative bacterial samples, pH tests, and turbidity tests each week for a period of eight weeks shall be included. Eight sets of samples shall include at least one set after heavy rains consisting of daily samples for a five-day period.
- 3.7 Physical and chemical. The physical and chemical quality of bathing water, including objectionable color, odor, taste and other substances capable of producing unusual quality problems. A history of any unusual quality problems encountered in the bathing water should be included.

- 3.8 Biological. The biological quality of bathing area water, including objectionable vegetation, infectious snails, and poisonous or dangerous aquatic organisms, shall be discussed.
- 3.9 Fishing, boating or canoeing. Location of boat traffic, marinas or boat dockage area, any canoeing activity or fishing.
- 3.10 Auxiliary water source. Location, flow rate of auxiliary water source to augment low flow.

4.0 Design. The following criteria shall be used for establishing a bathing beach:

- 4.1 Location. The suitability of the site shall be established by a sanitary survey.
- 4.2 Area. The water surface area of the body of water where the beach is developed shall be at least one acre. When the area is less than four acres and 100 gallons per bather per day of natural flow-through in the bathing area is lacking, a source of dilution water of at least 100 gallons per bather per day must be provided with minimum water quality meeting the provisions of section 6-2.15 of this Subpart.
- 4.3 Bather use. A minimum of 25 square feet of water surface per bather shall be provided. At least 75 square feet per bather must be provided in the area over four feet deep.
- 4.4 Land area. At least 35 square feet of land area per bather should be provided.
- 4.5 Bottom slopes. For depths up to four feet, the slope shall be uniform and not exceed 1:10. For greater depths, the slope should not exceed 1:3.
- 4.6 Bottom materials. The bottom up to a water depth of six feet shall consist of sand, pea gravel or other similar material.
- 4.7 Area designations.
- 4.7.1 Location of lines. Marker lines with buoys shall be provided at all beaches, except Great Lakes or ocean beaches, to designate the perimeter, the separation of shallow and deep-end areas at a depth of three to four feet, the diving area, and dropoffs, radical changes in slopes or underwater obstructions. A separate wading area up to two feet deep, designated by lines, should be provided.
- 4.7.2 Installation. Lines shall have floats at five-foot intervals and be securely anchored, and have buoys no more than 25 feet apart and at points where lines are joined.
- 4.7.3 Depth markers. Clearly visible depth markers shall be provided at all the diving boards, platforms and similar facilities, together with warning signs stating "No Diving" where depth is less than eight feet.

4.8 Diving facilities.

4.8.1 Platforms. Floating diving piers and fixed platforms shall be constructed with a visible 12-inch air space under maximum feasible load. There shall be as little underwater construction as is consistent with adequate support. All braces and struts shall be designed to prevent entrapment of bathers. For solid floatation devices such as foam blocks, no air space is required.

X 4.8.2 Depths. Diving from rafts, piers or other platforms shall be prohibited, unless a minimum water depth of eight feet is provided and maintained for a distance of at least ten feet forward of the diving direction. For a diving board or other device three or less feet above the water, the depth at the end of it, and for 12 feet beyond it, shall be 10 feet. For heights above water greater than three feet, the depths at those locations shall be 12 feet and twenty feet beyond it. No diving device more than 10 feet above water shall be installed.

4.9 Water currents. Water currents in the bathing area shall not exceed three feet/second.

4.10 Sewage discharges. No waste-water discharges from sewage treatment plants, combined sewers or other sources shall be permitted within 750 feet of the bathing beach.

4.11 Water quality. Bathing beaches shall meet the water quality criteria for bacteriological, physical and chemical quality specified below.

4.11.1 Bacteriological quality. Based on the mean of the logarithms of the results of 5 or more samples collected in a 30 day period, the upper value for the density of bacteria shall be:

- 4.11.1.1 2,400 total coliform bacteria per 100 ml; or
- 4.11.1.2 200 fecal coliform bacteria per 100 ml; or
- 4.11.1.3 33 enterococci per 100 ml for freshwater; or
- 4.11.1.4 35 enterococci per 100 ml for marine water; or
- 4.11.1.5 126 E.coli per 100 ml for freshwater (E.coli is not to be used as an indicator in marine water)

4.11.2 Chemical quality. The water shall be free of chemical substances capable of creating toxic reactions, skin or membrane irritations to the general public.

4.11.3 Physical quality--water clarity. In all bathing areas, except the Great Lakes or ocean beaches, it shall be possible to see an eight-inch black-and-white disk in four feet of water. Clarity tests should be performed at a four foot depth in the bathing area at a minimum of three different locations. A map depicting test locations, dates of sampling and current conditions should be submitted.

4.12 Electrical requirements.

4.12.1 Wiring shall conform to the New York State Uniform Fire Prevention and Building Code, 9 NYCRR Subtitle 5, Chapter I, and the requirements of the appropriate regulatory agency. A certificate shall be submitted for all new electrical work.

4.12.2 Overhead clearance. No overhead electrical wiring shall pass within 20 feet horizontally of the bathing beach water line.

5.0 Bathroom.

5.1 General. Adequate toilet and hand washing facilities shall be provided for all bathing beaches.

5.2 Bathroom design. Floors of the bathroom shall be of smooth-finished material with nonslip surfaces, impervious to moisture, cleanable and sloped at least one-fourth inch per foot to drains. Carpeting shall not be permitted in shower and toilet areas or other areas receiving bathers. Junctions between walls and floors shall be covered. Walls and partitions shall be of smooth, impervious materials, free from cracks or open joints. Partitions between dressing cubicles shall terminate at least 10 inches above the floor or shall be placed on continuous raised masonry or concrete bases at least four inches high. Lockers shall be set either on solid masonry or concrete bases at least four inches high or on legs with bottom of locker at least 10 inches above the floor. Lockers shall be vented.

5.3 Fixture requirements. An adequate number of toilet and hand washing facilities shall be provided.

5.3.1 Fixtures. Plumbing fixtures and installations shall be in accordance with the Uniform Code.

5.4 Water supply. The source and quality of water supply serving the plumbing fixtures, including drinking fountains, lavatories and showers, shall after treatment meet the applicable requirements of Part 5 of this Title for potable water.

5.5 Drinking fountains. Where drinking fountains are provided, at least one drinking fountain for each 500 feet distance or for every 1,000 users or fraction thereof should be provided. The drinking fountains shall be of slanting jet type with surrounding guard, nonsubmersible opening. These shall be located at a convenient point and shall be supplied with a minimum of 20 psi adequate water pressure.

5.6 Waste-water disposal. Waste-water from a bathroom or related facilities shall be discharged to a municipal sewerage system, when available. If not available, the substitute system shall be approved by the State Commissioner of Health or such other agency having jurisdiction over sewage plan approval.

5.7 Suits and towels. Where towels and/or swimming suits are provided, facilities shall be provided to launder, store and sanitize these items after each usage.

5.8 Hose bibbs. Hose bibbs with vacuum breakers must be provided within the bathroom to enable the entire area to be flushed with a 50-foot hose.

5.9 Ventilation. All enclosed places, dressing rooms, shower rooms and toilets shall be ventilated by natural or mechanical means to provide a minimum of two air changes per hour.

6.0 Safety provisions.

6.1 Signs. For beaches using Supervision Level I or IIb aquatic supervision, when no lifeguard is on duty at a beach, a legible sign or signs stating "No Lifeguard on Duty--Swimming Prohibited" shall be posted. The sign shall be a minimum 36" x 24" in size, with letters at least two inches high. "No Swimming" signs shall be posted at areas not permitted/approved for bathing on property adjoining the designated bathing area that is owned or under the control of the permit holder.

6.2 Lifesaving equipment. Lifesaving equipment shall be provided as required in Section 6-2.17(b) of this Subpart.

6.2.1 Boats/Boards. An adequate rescue board or an adequate boat shall be provided at all beaches where Supervision Level I or IIb aquatic supervision is required.

6.2.1.1 Where bathing is permitted more than 150 feet from the bathing shoreline, lifesaving patrol boats or offshore lifesaving stations shall be provided. Each such boat shall be at least 12 feet long, equipped with pin oars, one life pole or shepherd's-crook type of pole having blunt ends, and one ring or torpedo buoy or rescue tube and life vests. Such boats shall be used for patrol, search and rescue purposes only.

6.2.2 Equipment at lifeguard station.

6.2.2.1 Elevated lifeguard chairs shall be located as close as practicable to the bathing area shoreline to provide a clear, unobstructed view of the bathing area.

6.2.2.2 A rescue tube or torpedo buoy with six feet of line, or a rescue can with 500-foot hauling line.

6.2.3 Maintenance. Safety equipment shall have its function plainly marked, and shall be kept in good repair and in ready condition. Bathers or others shall not be permitted to tamper with or use such equipment for any other than its intended use, or remove it from its established location.

6.3 Communication. A telephone(s) or other means of communication, with numbers posted of nearest squad, physician, ambulance, police agency and hospital, shall be provided at each beach.

6.4 Emergency care room. Every bathing beach capable of accommodating 500 swimmers and bathers shall have a readily accessible room or area designated and equipped for emergency care. Such room shall be equipped with at least the following: running potable water; a cot or bed, with blankets and sheets, advanced first aid supplies at least equivalent to 24 units, and resuscitation equipment.

6.5 Solid waste. An adequate number of leak-proof solid waste receptacles with self-closing lids shall be placed in the beach area.

6.6 Dangerous objects on beach. Glass containers shall not be permitted on the beach.

6-2.20 Aquatic supervisory skill requirements. The New York State Department of Health is responsible for review of training courses and/or certification programs to determine acceptability.

(a) SUPERVISION LEVEL I - SURF LIFEGUARD

(1) The Supervision Level requirements for this level shall take effect May 15, 1994.

(2) No person shall be qualified under this subdivision unless such person:

- (i) Has a minimum age of 16 years; and
- (ii) Possesses a current A.R.C. Basic Life Support for the Professional Rescuer CPR or equivalent certification; the certification period must not exceed one year; and

(iii) Has a minimum of 20 hours (24 hours if first aid skills are included) of training acceptable to the Commissioner covering those items set forth in this subdivision (stated time periods do not include final examination time or conditioning swims). Such training and ocean testing must be satisfactorily completed prior to assignment at ocean front and the certification period of training and testing must not exceed three years.

The training course and recertification program will be determined to be acceptable if, after a review, all the materials submitted by the program sponsor are determined to be complete and substantially meet the requirements of this section. Instructors shall have sufficient experience and knowledge in life guarding to effectively communicate the subject matter required by this section.

(a) Lifeguard Orientation

(1) Program Goals and Objectives

(2) Chain of Command

(3) Introduction to Job of a Lifeguard

(4) Introduction to Lifesaving Equipment and Facilities

(b) Preventive Life guarding

- (1) Rules and Regulations
- (2) Victim Recognition
 - (i) Distressed Situation
 - (ii) Drowning Situation (active vs. passive)
- (3) Bather Supervision
 - (i) Areas of Responsibility
 - (ii) Visual Surveillance
 - (iii) Lifeguard Stations
 - (iv) Lifeguard Rotation and Relief
- (4) Causes of Incidents/Injuries
- (5) Recognition of Hazards
- (c) Environmental Hazards
- (d) Communications
 - (1) Basic Systems
 - (i) Between Guards
 - (ii) Whistle System
 - (iii) Radio/Phone, If Applicable
 - (iv) Flag System For Informing of Water Conditions, If Applicable
 - (2) Emergency Procedures
 - (i) Emergency Action Plans
 - (ii) Emergency Medical Service (EMS) Response
 - (3) Public Communication
 - (i) Warnings
 - (ii) Dangerous Conditions
 - (iii) Lost Person
- (e) Rescue Techniques and Procedures
 - (1) Victim Detection/Recognition
 - (2) Front and Back Escapes (Front Head Hold, Rear Head Hold Escapes, Blocks)
 - (3) Rescues With Equipment (Buoys, Tubes, Rescue Boards)
 - (4) Rescues Without Equipment
 - (5) Multiple Rescues
 - (6) Lost Bather Drill/Plan/Practice (Surface Dive in Nine Feet of Water and Retrieve Object From Bottom)
 - (7) Removal From Water

- (i) Carries
- (ii) Care of Back and Neck Injuries
- (f) *First Aid and Emergency Care
 - * (Possession of a valid American Red Cross Standard First Aid or Equivalent Certification may be substituted for this segment.)
 - (1) Bleeding and Shock
 - (2) Choking
 - (3) Temperature Extremes
 - (4) Spinal Injuries (Management in Aquatic Environment)
 - (5) Diabetic Emergencies
 - (6) Seizures
 - (7) Heart Attacks and Strokes
 - (8) Fractures, Dislocation, Sprains and Strains
 - (9) Burns
 - (10) Eye and Nose Injuries
 - (11) Alcohol and Drug Overdoses
- (g) Records and Reports
 - (iv) Such person must:
 - (a) Correctly Answer at Least 80 percent of the questions in a written and/or oral test on Theory and Knowledge; and
 - (b) Successfully perform/demonstrate all skills; this evaluation may be based upon observance of such person throughout the training program, and complete a 50 Yard Crawl in 35 Seconds or Less (unless the individual possesses Level II certification); and
 - (c) Such person must complete a skills test to be conducted in the ocean, consisting of:
 - (1) A 300 Yard Crawl endurance swim; and
 - (2) A 50 yard swim to victim, carrying needed equipment, followed by a carry to shore and removal of victim from water.
- (b) SUPERVISION LEVEL ITB - POOL & BEACH LIFEGUARD
 - (1) The requirements of this Subdivision shall take effect on May 15, 1993
 - (2) No person shall be qualified under this Subdivision unless such person:
 - (i) Has a Minimum Age of 16 years (15 years is acceptable if a supervisory lifeguard is present); and
 - (ii) Has a Current A.R.C Basic Life Support for the Professional Rescuer;

CPR or equivalent certification; the certification period shall not exceed one year; and

- (iii) Demonstrates a current ability to swim 300 yards non-stop using various strokes in good form; and surface dive to minimum 9 foot depth and bring a 10 lb. object to surface; and tread water for one minute; and
- (iv) Possesses a current certification from a recognized certifying agency acceptable to the State Health Commissioner or has within not more than a consecutive three year period of time, completed a minimum of 20 hours (24 hours if first aid skills are included) of training acceptable to the Commissioner covering those items outlined below (Time periods do not include final examination time or conditioning swims):

The training course and recertification program will be determined to be acceptable if, after a review, all the materials submitted by the program sponsor are determined to be complete and substantially meet the requirements of this section. Instructors shall have sufficient experience and knowledge in life guarding to effectively communicate the subject matter required by this section.

(a) Program Goals and Objectives

(b) Preventive Life guarding

(c) Victim Recognition

(d) Equipment

(1) Rescue (buoys, tubes, reach pole, surf board, backboard, boat, mask, fins, snorkel)

(2) Safety/Lifeguarding (Lifelines, Lifeguard's stands)

(3) Personal (Uniform/clothing, whistle, sunglasses, binoculars, sunscreen)

(e) Orientation

(f) In-service Training

(g) Types of Emergencies

(1) Life Threatening

(2) Non-Life-threatening

(h) Spinal Injury Management

(i) Special Situations

(1) Hypothermia

(2) Heat Emergencies

(3) Seizures

(j) Communication Systems

(k) Emergency Action Plans

(l) Waterfront Areas

(m) Search & Recovery Equipment & Operations

(n) Physical Fitness Concepts

(o) Weather & Environmental Conditions

(p) Records & Reports

(q) *First Aid and Emergency Care

*Possession of a valid American Red Cross Standard First Aid or equivalent certification may be substituted for this segment):

(1) Bleeding and Shock

(2) Choking

(3) Temperature Extremes

(4) Spinal Injuries

(5) Diabetic Emergencies

(6) Seizures

(7) Heart Attacks and Strokes

(8) Fractures, Dislocations, Sprains and Strains

(9) Burns

(10) Eye and Nose Injuries

(11) Alcohol and Drug Overdoses

(r) Skills Practice

(1) Water Entry

(2) Moving Victim to Safety

(3) Equipment Use (buoys, tubes, poles, rescue board, back board, boat, mask, fins, snorkel)

(4) Surface Dive and underwater swimming

(5) Underwater Search

(6) Search & Recovery

(7) Lifts & Assists

(8) Throwing Assists

(9) Reaching Assists

(10) Equipment Extension

(11) Rescue Breathing with Flotation

(12) Rescue Breathing without Flotation

- (13) Defense
- (14) Escapes
- (15) Multiple Victim Rescues
- (16) Spinal Injury, Shallow Water
- (17) Spinal Injury, Deep Water

(iv) Such person must:

(a) Correctly answer at least 80 percent of the questions on a written and/or oral test on theory and knowledge; and

(b) Successfully perform/demonstrate all skills; and

(c) Successfully:

- (1) Complete a 25 yard freestyle swim in 20 seconds; and
- (2) Perform a shallow dive, sprint 25 yards, recover 10 pound object from pool edge or gutter, then return 25 yards supporting 10 pound object; and
- (3) Demonstrate knowledge of:

(i) Approaches

(ii) Escapes

(iii) Carries/Tows

(iv) Spinal (Shallow Water) Entry, approach, turn and support victim

(v) Spinal (Deep Water) Entry, approach, turn and move victim to poolside or shallow end

(vi) Rescue Tube Swim/Use

(vii) Surface Dive and Underwater Swim

(viii) Tread water for one minute holding a diving brick with both hands.

(c) SUPERVISION LEVEL III

(1) The requirements of this Subdivision shall take effect on May 15, 1993.

(2) No person shall be qualified under this Subdivision unless such person:

(i) Has a Minimum Age of 18 years; and

(ii) Possesses a Current ARC Community CPR or Equivalent Certification; the certification period must not exceed one year; and

(iii) Is competent to:

(a) Understand and apply the Rules and Regulations of this part and implement the safety plan, and

(b) Evaluate Environmental Hazards; and

(c) Use Lifesaving Equipment and Facility; and

(d) Undertake Bather/Crowd Control.

(d) SUPERVISION LEVEL IV

(1) The requirements of this Subdivision shall take effect on May 15, 1993.

(2) No person shall be qualified under this Subdivision unless such person:

(i) Is at least 18 years of age; and

(ii) Possesses a Current ARC Community CPR or equivalent certification.