

ATTACHMENT C

COMMUNITY BENEFIT GRANTS PROGRAM REVIEWER PROGRAM SUMMARY SHEET 2020

Organization Newport Beach Fire Department - Lifeguard Operations
Program Title: Newport Beach-Surfer Awareness in Lifesaving Techniques (NB-SALT)
Funding Request: \$15,000.00

ORGANIZATION INFORMATION

Organization

Newport Beach Fire Department -
Lifeguard Operations
Newport Beach

Contact

Michael Halphide

Assistant Chief - Lifeguard Operations

Geographical Area Organization Serves

Newport Beach

Background

Mission Statement

Protect life, property and the environment with innovative professionalism and organizational effectiveness using highly trained professionals committed to unparalleled service excellence.

Brief Summary of Agency's Operations

The Newport Beach Fire Department provides Fire Suppression, Emergency Medical Service and Marine Safety services to 80,000 residents and 10 million visitors. The department staff consists of 135 Firefighters, 12 Administrative staff members, 15 permanent Lifeguards and 225 Seasonal Ocean Lifeguards.

Current Public Education and Outreach Activities

The Lifeguard Operation division's largest public education program is our Junior Lifeguard program that teaches beach and ocean safety to 1350 children from 9-15 years of age. We provide safety lectures to schools, college classes, scout programs and other groups that request information about beach safety and lifeguard operations. Our division provides "CPR in the Schools" training to teach lifesaving skills to high school students at Newport Harbor High School.

Our newest public education endeavor is teaching the Surfer Awareness in Lifesaving Techniques (SALT). This program originated with the Huntington Beach Lifeguards who encouraged us to duplicate the program in Newport Beach. The class teaches surfers about beach hazards, how to recognize a swimmer or surfer in distress and how to assist safely.

In Spring 2019, we initiated our first SALT classes, teaching three classes to the local high school's surf team and surfing classes. The class was a success based on the feedback we received from the students coaches and teachers. We plan to expand the training to more surf teams, classes and the general surfing public.

Potential Conflict of Interest

The Newport Beach Fire Department contracts with William Koon, Project Wipeout Program Coordinator-Community Health to provide statistical analysis and produce an annual report of lifeguard activities and statistics.

In addition, the Newport Beach Fire Department and the Newport Lifeguards have a long history of collaborating with Hoag Memorial Hospital Presbyterian on a variety of projects: including our paramedic program and Hoag's Project Wipeout.

PROGRAM INFORMATION

Program Information

Program Title

Newport Beach-Surfer Awareness in Lifesaving Techniques (NB-SALT)

Program Description

Please provide a detailed description/outline of your program(s). Please include program's:

- *Core components and elements of program(s) (e.g. target population, what the problem/goal is, timeline of programming)*
- *Identify what inputs/resources are required (e.g. staff, materials, transportation)*
- *Describe broadly the activities/interventions of the program(s) to address problem/achieve goal (e.g. workshops, care coordination, staff training, treatment)*
- *Identify outputs - direct results or products of programming (e.g. community trained, activities conducted)*

CORE COMPONENTS AND ELEMENTS OF NB-SALT PROGRAM

The target population is school surf classes, school surf teams and local surfers.

The problem this program addresses is when lifeguards are not on duty in an area, surfers and body-boarders are often the first to render assistance in an aquatic emergency. Bystander response can be the difference between life and death. Untrained individuals are often hesitant to intervene out of fear for their own safety. Additionally bystanders are uncertain about what to do or are worried about liability for a wrong action. This program aims to change that. This grant will facilitate the training and education of surfers and body boarders to recognize and intervene in aquatic emergencies.

This training has two primary goals:

1. Increases the probability of a positive outcome for the person in distress.
2. Decrease the potential for rescuer injury or death while assisting.

The plan is to teach eight classes in 2020 to surf teams and surf classes (local colleges, high schools and a middle school) and provide four additional classes, open to the public. Each class is 5 hours in duration and will be divided into three modules. A total of a dozen, five-hour classes would be provided annually to the surfers and body boarders that frequent Newport Beach and Southern California beaches.

INPUTS/RESOURCES REQUIRED

A Newport Beach Lifeguard Officer will lead the instruction and oversee the instructional/safety staff. Seasonal Ocean Lifeguards will assist in the instruction and hands-on skill training in first aid and rescue technique.

The class will utilize a multi-modal learning environment with interactive lectures, printed materials, and hands-on skills training. The training will take place at Newport Beach Lifeguard Headquarters and utilize the department training materials and equipment. A stretch goal for this project would be to support the learning with a e-learning components to reinforce the information presented during the course.

ACTIVITIES/INTERVENTIONS OF THE PROGRAM TO ADDRESS PROBLEM/ACHIEVE GOAL

The 5-hour training will include:

- Lecture and audio-visual presentations on emergency response procedures, ocean safety skills, recognition and response to aquatic distress (1.5 hours)
- Instruction of CPR, C-Spine immobilization, bleeding control and communicable disease transmission. (1.75 hours)
- Practical skills in proper ocean entry and exit, rescue techniques, spinal immobilization. (1.75 hours)

PROGRAM OUTPUTS

The desired outcome of NB-SALT training will be a greater recognition of marine hazards and an increased understanding of how to respond safely to aquatic emergencies for the students. The program will train 300-350 individuals to be safely respond to aquatic emergencies when lifeguards are not on duty. This should lead to better outcomes, and decreased disability and death for distressed victims in the ocean in Newport Beach and other Orange County beaches.

Hoag's Priority Health Issue: Prevention and Management of Chronic Disease

Program Budget	Request Amount	Program Budget Ratio
\$16,879.00	\$15,000.00	88.87%

Budget Narrative

Please provide an overview detailing how grant funding would be utilized, and how it correlates with the implementation of the program(s).

The funds from the Hoag Grant would be used to hire off duty Ocean Lifeguards to provide twelve classes, each five hours in duration. Every class would have a Newport Beach Lifeguard Officer as a lead instructor and one seasonal lifeguard per every five students. The personnel costs for the Lead and assistant instructors would be \$12,140. The instructors and assistant instructors would provide 442 total hours of instruction/safety in 2020.

The Hoag Grant will be used to purchase \$2,860 of material to be used in the classes. These materials include printed sheets provided to the students, printed ridged poster board to be used for instruction, 500 printed completion certificates, banners to advertise the program and rashguards, for the students and instructors to provide identification and organization.

Program overhead consists of scheduling and oversight by a Lifeguard Battalion Chief and reporting by the Chief Lifeguard. The time estimated for these activities is 23 hours at a cost of \$1,484. The overhead funds would come from the Newport Beach Fire Department - Lifeguard Operations budget (fiscal year 2019 & 2020).

Additional Sources of Funding (if applicable)

For 2020 any additional costs above the Grant amount would come from the Newport Beach Fire Department - Lifeguard Operations budget. Once the program becomes established we will seek out other funding sources to sustain the program in future years.

Program Narrative

Need/Problem Program Addresses

At peak staffing during summer days, the Newport Beach Fire Department employs 85 lifeguards to patrol and protect seven miles of oceanfront. During the winter, typical staffing levels can be five to seven full-time lifeguards to cover the beach. Between 6 pm and 7 am, lifeguards are not staffed but instead respond on a call back basis with a 5-15 minute response time. During times of low or no

staffing, there are often surfers on the beach and in the water.

If we were able to train these people to recognize and respond to a person in distress in the ocean, we could prevent deaths that result from submersion. Early SALT trained bystander intervention has the potential to limit the level of disability of someone who suffers an aquatic spinal injury. In 2018, the Newport Lifeguards treated 41 people who suffered suspected spinal cord injuries in the ocean. When properly extricated and treated, these individuals can have a good prognosis with little long-term impact to their major life functions. If improperly handled, these patients can suffer a debilitating injury that affects their life, their family, and can lead to significant costs to provide care and a shortened life expectancy.

In addition to aquatic rescue and traumatic spinal-cord field treatment, the class teaches hands-only CPR and bleeding control. These skills address two causes of preventable death and disability that can be easily remedied with limited training and equipment.

Organizational Capacity to Address Need

The Newport Beach Fire Department - Lifeguard Operations is well qualified to teach this course due to the expertise in aquatic rescue and extrication, as well as having certified CPR instructors to lead the class. The SALT program was originated by the Huntington Beach Fire Department's Lifeguards and they have encouraged us to use their curriculum and teach the class. We have added bleeding control and CPR training to the class to better prepare the students to be able to confidently and safely respond to the most life threatening ocean emergencies.

The Lifeguard Officers who will lead the class are trained and certified CPR and First Aid instructors, accomplished marine safety instructors who teach in our Basic Lifeguard Academy and have completed Fire Service Instructor training. The Seasonal Ocean Lifeguards selected to assist in the class are experienced lifeguards. They have experience mentoring, are skilled at instruction and experienced in teaching for the Newport Beach Junior Lifeguard program.

All employees working in the program have passed background screening and are supervised by a Lifeguard Battalion Chief.

Challenges/Barriers

One barrier is getting insurance clearance for the public classes. We are working with the City's recreation department staff and with the City's risk management to determine the insurance needs to conduct the training. The students in the courses taught to school groups or teams are covered by the insurance through their educational institution.

Another challenge will be promoting this program so that regular ocean users, will understand the value of this class and be willing to attend. To address this concern, we will develop a marketing plan that will use the City of Newport Beach's social media assets and our local media contacts to advertise the program and promote interest by showcasing the value to the surfing community.

The safety concerns for the class will be addressed as follows:

- For the in water skills portion, a minimum of 5:1 student to lifeguard ratio will be adhered to while the students are in or near the ocean.

- For the classes taught to surfing teams or classes the coach or instructor will be able to verify the basic swimming ability and suitability for the NB-SALT training prior to the in water portion of the class.

-In the public classes, the students will be asked to complete a short ocean swim with lifeguards lining the course to assess for the minimum swimming proficiency to participate in the water skills portion of the class.

-Any student who expresses a concern about their swimming skill or who does not demonstrate sufficient aquatic ability will be allowed to participate if they wear a provided Personal Flotation Device (PFD) or life-jacket while in the water.

Number of People Expected to Reach

335

Area Served

Costa Mesa;Newport Beach;Orange;Santa Ana

Age Group

All Ages

Gender

Males and Females

Ethnicity

All of the Above

Objectives/Outcomes

Objective #1

Develop comprehensive curriculum and teaching materials that combines the Surfer Awareness in Lifesaving Techniques training with "Hands Only" CPR and bleeding control. The curriculum should be relevant and engaging for the target audiences of youths to adult active ocean users.

Objective #2

Deliver eight NB-SALT classes, 5 hours in duration to local surf teams, Middle school, high school and community college surfing and ocean safety classes covering water safety, lay person distress recognition and response, proper spinal immobilization and extrication techniques for bystanders, bleeding control training and "Hands Only" CPR classes for 325-350 students.

Objective #3

Deliver four NB-SALT classes, 5 hours in duration to the general public covering water safety, lay person distress recognition and response, proper spinal immobilization and extrication techniques for bystanders, bleeding control training and "Hands Only" CPR classes for 325-350 students.

Evaluation

Description of how to track if meeting program objectives

What information will you be able to report about your program? Considerations for components of a basic monitoring and evaluation plan:

- Number of classes
- Class/course details - dates of classes, location
- Number of participants (Is demographic information available? Grades? Age? Gender?)

Is a baseline or follow up survey possible?

Please describe your plan to track if you are meeting your program objectives.

The plan is to teach:

One public class and two surf team/surf class courses in the first quarter of the year (January -

March)

One public classes in the second quarter of the year (April-June)

Three surf team/surf class courses in the first quarter of the year (July - September)

Two public classes and two surf team/surf class courses in the first quarter of the year (October-December).

Prior to each class, students will be given a survey to gather demographic data as well as a pretest to assess their existing knowledge. At the end of each class, students take an assessment to gauge their understanding of the class and the effectiveness of instruction. The students will complete a survey to assess their satisfaction with the various instructional modules and offer feedback about the curriculum, learning environment and instruction.

Program Implementation

Key Collaborative Partners

This program will be primarily staffed with Newport Beach Lifeguard personnel. We plan to collaborate with other members of the Newport Beach Fire Department including our Fire Suppression, Emergency Medical Services (EMS) and Community Education staff.

The Newport Beach Fire Department's Lifeguard Operations staff has a long partnership with The Orange Coast College Surfing and Ocean Safety Class taught by Laird Hayes Ed.D. and we will be teaching the SALT program to this college class.

in 2019 We have taught the SALT class for the Newport Harbor High School Surf Team and Surf Class lead by Matt Barnes.

In 2018 the Corona Del Mar (CDM) High School Surf team received a shorter version of this training from the Huntington Beach Lifeguards. We have had discussions with CDM Surfing team Coach Steve Conti about delivering the training to the team in the fall of 2019.

We have reached out to other Orange County surf teams and are waiting until the fall semester starts in August and September to confirm commitments for the training in 2019 from Mater Dei High School in Santa Ana, Calvary Chapel High School in Santa Ana and Horace Ensign Middle School in Newport Beach.

We will work with the Newport Beach Recreation and Senior Services program to promote our public classes in the Newport navigator list of recreation classes for the Spring and Fall of 2020. We will use the resources of our City's Public Information Office as well as promote the program by producing a public service announcement suitable for the Web and cable TV distribution in collaboration with NBTv.com.

Program Sustainability for the Next 3 Years

We started with a small pilot program in 2019. The teaching staff and students had a positive reaction to the class and have both expressed interest in continuing and expanding the program to reach more ocean users.

The financial backing for this program will initially be supported by the Hoag grant and allow us to successfully establish the program and develop demonstrable results that could assist us in developing more financial backing going forward.

The program would be sustained through 2023 from the Newport Beach Fire Department's Community Education budget, from Lifeguard Operations training budget and by soliciting financial support from the Ben Carlson Foundation and the Newport Beach Ocean Lifeguard Association.

The grant from Hoag will allow us to successfully establish the program as effective by producing measureable and verifiable results that would allow us to develop sustainable financial support to continue and expand the NB-SALT program in future years.

If not funded, how will the program be supported

If the Hoag grant funding is not approved, we would continue the program but on a reduced scale. Without the Hoag grant funding, we would expect to be able to support training 75-90 students in 2020. We would attempt to secure other funding from Newport Beach Fire Department's Community Education budget, from Lifeguard Operations training budget and by soliciting financial support from the Ben Carlson Foundation and the Newport Beach Ocean Lifeguard Association.