

You Tell The Story

Hypoxic Blackout in the Pool



Time: 9:30 AM

Lisa (17 y.o.) begins her lifeguard shift. It's quiet, with just a few lap swimmers in the pool.

Jimmy (27 y.o.) walks in and explains to Lisa he's training for stamina in the water. He'll be doing some different drills, and she shouldn't worry or interrupt him.

Time: 9:45 AM

Lisa notices Jimmy is repeatedly hyperventilating, then holding his breath underwater. He is using a weight to stay down.

She's aware this is against the rules, and walks over to ask him to stop.

Time: 9:46 AM

Jimmy is visibly annoyed at the interruption. He tells Lisa he's been doing this at the pool all summer, and no other guard has intervened.

Lisa backs away. But asks him to limit the amount of time he's spending underwater.

Time: 9:55 AM

Jimmy continues his breath holding drills, and Lisa continues to watch him closely. She knows he is breaking a rule, and regrets not intervening more strongly.

She walks over and tells him to stop. He threatens to speak with her CEO.

Time: 9:56 AM

Lisa is new in her job, and has not met the CEO.

She reluctantly backs off again.

Lisa continues to keep an eye on Jimmy from a distance.

Time: 9:59 AM

Lisa hears a shout.

Jimmy is floating face down in the water.

He is not moving.

Time: 10:02 AM

With the help of a second guard, Lisa extracts Jimmy from the pool. She assesses vitals and immediately begins administering CPR.

Time: 10:04 AM

Jimmy begins breathing again. He is transported to the hospital where he is kept overnight for observation.

Time: 10:15 AM

Lisa meets the CEO for the first time during a debrief about the incident that just occurred.

But **you have the power to
change the story...**