

01-15-2015 LA Co CA – Brian Kutil – LG – Training – Heart Defect

L.A. County lifeguard dies during training exercise at Manhattan Beach pool

<http://www.dailybreeze.com/general-news/20150115/la-county-lifeguard-dies-during-training-exercise-at-manhattan-beach-pool>

01/15/2015 By **Carley Dryden**, *Daily Breeze*

A 20-year Los Angeles County lifeguard veteran died Thursday morning during a training exercise in the Mira Costa High School pool.

Brian Kutil, 42, was in the middle of a timed 500-meter swim, along with about 25 lifeguards as part of a yearly recertification course, when he began struggling.

“The lifeguards on deck noticed that he was slowing down and he didn’t look right so they pulled him out of the water,” said Los Angeles County Lifeguard Section Chief Chris Linkletter. “At that point, he wasn’t breathing.”

Despite life-saving efforts by lifeguards and the Manhattan Beach Fire Department, Kutil was pronounced dead at a local hospital at 7:01 a.m. The cause of death has not been released.



Brian Kutil

“We don’t have any indications of what exactly happened, and we don’t have any indication that he’s had any prior medical issues,” Linkletter said.

Kutil, an El Segundo native and graduate of El Segundo High School, worked as a deckhand on the lifeguard Baywatch rescue boats, covering the water from Malibu to San Pedro.

“He was truly doing what he loved to do — being a lifeguard,” Linkletter said. “It was his dream job.”

Lifeguard colleagues were clearly reeling Thursday from the death of one of their own.

“He is beloved by our lifeguard family,” said A.J. Lester, an ocean lifeguard specialist. “He was just a great guy, an all-around really nice person who everyone really liked.”

Lester said the lifeguards were reminiscing about the “countless” rescues Kutil had made over the years, including several “heroic” dives off the rescue boat in Venice last summer.

This is the first death of an on-duty Los Angeles County lifeguard in recent memory, Linkletter said. An active L.A. County lifeguard passed away late last year from cancer.

“All of us are shocked by this terrible early morning news,” said Los Angeles County Fire Chief Daryl Osby. “Our hearts go out to his family, friends and his Fire Department family. Please keep everyone in your thoughts as we mourn this tragic loss.”

According to Mira Costa Principal Ben Dale, students were in the pool area at the time of the incident so grief counseling services were made available to students throughout the day.

Kutil is survived by his parents and one sister.

Los Angeles County lifeguard dies during swimming exercise

<http://www.latimes.com/local/lanow/la-me-ln-laco-lifeguard-fatality-20150115-story.html>

1-15-2015 by **Joseph Serna** Contact Reporter

A Los Angeles County Fire Department lifeguard died during a swimming exercise Thursday morning, the first on-duty department death in recent memory.

Brian K. Kutil, 42, began struggling during the lifeguards’ annual 500-meter swim recertification exercise at Mira Costa High School in Manhattan Beach and was pulled from the water about 7 a.m., said Lifeguard Section Chief Chris Linkletter.

About 25 lifeguards were swimming with Kutil and they unsuccessfully tried to revive him outside of the pool, Linkletter said. Kutil was pronounced dead at a local hospital.

“He was a 20-year veteran, an outstanding lifeguard,” Linkletter said. “He’s going to be sorely missed.”

Kutil's family has been notified. A cause of death has not been determined.



Brian Kutil, 42, an ocean lifeguard specialist with the Los Angeles County Fire Department, died Thursday during a recertification swim exercise at Mira Costa High School in Manhattan Beach. (Los Angeles County Fire Department)

This was the first on-duty lifeguard death that Linkletter could remember and possibly the first in the department's history, she said.

Paying Tribute To Ocean Lifeguard Specialist Brian Kutil

<https://www.fire.lacounty.gov/ols-tribute-brian-kutil/>

February 3, 2015



On Thursday, January 15, our Department lost a leader and true hero, Ocean Lifeguard Specialist Brian K. Kutil. Kutil joined our Department as an Ocean Lifeguard in 1994. He worked many years as an Ocean Lifeguard Recurrent (part time) at Santa Monica South, where he shined as a leader amongst his peers. During this time, Kutil was introduced to ocean paddling by his lifeguard friends and excelled in this sport.

He was born on November 19, 1972, and grew up in the city of El Segundo. It was during his high school years that he found his passion for the water, and excelled as a swimmer and water polo player. As a sophomore in college, he was a Junior College all-American, and excelled as a distance swimmer with his main event being the 1650 yard freestyle.

In April of 2001 he was promoted to the position of full time Ocean Lifeguard Specialist (OLS) at Dockweiler Beach. He was later positioned in El Porto, where he continued to make a positive impact on the community. Kutil also was stationed at Bay Watch Marina Del Rey and Cabrillo and saved countless lives over his career as a lifeguard.





"I got the chance to spend a lot of time with Brian during the summer. He was a great lifeguard, but boating was his actual calling," said fellow Ocean Lifeguard AJ Lester. Kutil's favorite place to paddle was at Marina Del Rey.

Kutil was loved by all his fellow lifeguards. He had a great talent for making people laugh and brightening up their day.

"He could have us all laughing on a rescue boat, but as soon as we got the 911 call, he was the guy you wanted backing you up" says Lester.

Another colleague, Captain Kenichi Haskett remembers Kutil's amazing characteristics. "He was charismatic and friendly, but also very reliable and dependable. He genuinely spent time with the newly hired lifeguards to train them and help ease their way into the lifeguard culture. He was very well respected and loved by his peers and captains for his open demeanor."

Outside of work, Kutil enjoyed surfing and traveling to exotic surf locations with fellow lifeguards and friends. He would spend a lot of time with his nephews, taking them to the zoo and attending his eldest nephews wrestling matches. Kutil also spent a lot of time with his father, and enjoyed playing billiards with him every week. Kutil is survived by his mother and father, along with his sister and three nephews.



The shock of Kutil's sudden death continues to resonate within our Department and the community. He was beloved by all who knew him and will be greatly missed by his Fire Department family.

Lifeguard Brian Kutil died in Mira Costa pool from rare heart defect

<http://www.lavistamchs.com/?p=20101>

June 11, 2015 By Wyatt Robb Staff Writer

The Los Angeles County medical examiner's office ruled on May 21 that a rare heart defect caused the death of 42 year-old lifeguard Brian Kutil at the Mira Costa pool in January.

The coroner identified the defect as congenital hypertrophic cardiomyopathy, a heart condition that often goes undetected. The condition, characterized by an abnormally thick heart muscle, can cause heart failure if left untreated.

"Honestly, I don't think it could be more tragic," Mira Costa principal Ben Dale said. "Someone ultimately lost their life. Nothing is worse than that."

Kutil was performing his 500-meter recertification swim at the Mira Costa pool when he stopped swimming, and began struggling to stay afloat. Other lifeguards attending the event pulled Kutil from the water and worked to revive him on the pool deck. He was eventually pronounced dead at Providence Little Company of Mary Hospital.

"The whole situation was very shocking," Freshmen Kalea Conrad said. "It didn't soak in for many of us until later in the day. I knew there was nothing we could do but let the lifeguards handle it."

Brian Kutil attended El Segundo High School. Kutil was an avid swimmer and water polo player. After high school, he attended El Camino College where he continued as a member of the swim team.

"He got to do something he loved. If we could all do that, it would be pretty awesome," Kutil's swim coach at El Camino, Corey Stanbury said.

While Kutil was being revived beside the pool, members of the Mira Costa Swim Team were completing their morning practice. The lifeguards had been using an empty section of the pool for their swim while the team swam in the remaining lanes.

"Our concern is always the safety of kids. That was a hard day. A hard day for Costa as a whole. Many kids were affected by his death," Dale said.

A team of grief counselors was made available to students on the day of the incident. Those who witnessed the event were not forced to return to class until they felt ready. Swim team practice was also cancelled the following day.

"The counselors were so supportive. Students didn't have to return to their classes until any time they felt comfortable," Conrad said. "We had group and individual talks, which really helped us understand that it would be okay."

A memorial service was held for Kutil at Dockweiler State Beach on January 24th. In attendance was his surviving mother, father, and sister. A separate flag service was also held to honor Brian Kutil's 21 years of service with the Los Angeles County Fire Department.

"He was beloved by all who knew him and will be greatly missed by this Fire Department family," the LA County Fire Department said.

Hypertrophic Cardiomyopathy

http://www.heart.org/HEARTORG/Conditions/More/Cardiomyopathy/Hypertrophic-Cardiomyopathy_UCM_444317_Article.jsp#

Updated: Jul 6,2016

Hypertrophic cardiomyopathy (HCM) is very common and can affect people of any age. It affects men and women equally. It is a common cause of sudden [cardiac arrest](#) in young people, including young athletes.

Hypertrophic cardiomyopathy occurs if heart muscle cells enlarge and cause the walls of the ventricles (usually the left ventricle) to thicken. The ventricle size often remains normal, but the thickening may block blood flow out of the ventricle. If this happens, the condition is called obstructive hypertrophic cardiomyopathy.

Sometimes the septum, the wall that divides the left and right sides of the heart, thickens and bulges into the left ventricle. This can block blood flow out of the left ventricle. Then the ventricle must work hard to pump blood. Symptoms can include [chest pain](#), dizziness, shortness of breath, or [fainting](#).

Hypertrophic cardiomyopathy also can affect the heart's mitral valve, causing blood to leak backward through the valve. Sometimes, the thickened heart muscle doesn't block blood flow out of the left ventricle. This is referred to as non-obstructive hypertrophic cardiomyopathy. The entire ventricle may thicken, or the thickening may happen only at the bottom of the heart. The right ventricle also may be affected.

In both obstructive and non-obstructive HCM, the thickened muscle makes the inside of the left ventricle smaller, so it holds less blood. The walls of the ventricle may stiffen, and as a result, the ventricle is less able to relax and fill with blood.

This can raise [blood pressure](#) in the ventricles and the blood vessels of the lungs. Changes also occur to the cells in the damaged heart muscle, which may disrupt the heart's electrical signals and lead to [arrhythmias](#).

Some people who have HCM have no signs or symptoms, and the disease doesn't affect their lives. [Others have severe symptoms](#) and complications. They may have shortness of breath, serious arrhythmias or an inability to exercise.

It is rare, but some people with hypertrophic cardiomyopathy can have sudden cardiac arrest during very vigorous physical activity. The physical activity can trigger dangerous arrhythmias. Ask your doctor what types and amounts of physical activity are safe for you.

Other Names for Hypertrophic Cardiomyopathy

- Asymmetric septal hypertrophy
- Familial hypertrophic cardiomyopathy
- Hypertrophic nonobstructive cardiomyopathy

- Hypertrophic obstructive cardiomyopathy
- Idiopathic hypertrophic subaortic stenosis (IHSS)

What causes hypertrophic cardiomyopathy?

Hypertrophic cardiomyopathy usually is inherited. It's caused by a change in some of the genes in heart muscle proteins. HCM also can develop over time because of high blood pressure or aging. Diseases such as diabetes or thyroid disease can cause hypertrophic cardiomyopathy. However, the cause of the disease isn't known.

This content was last reviewed March 2016.

Other Type of Cardiomyopathy:

- **Dilated Cardiomyopathy**
- **Restrictive Cardiomyopathy**
- **Arrhythmogenic Right Ventricular Dysplasia**

Also in this section:

- **What is Cardiomyopathy in Adults?**
- **Understand Your Risk for Cardiomyopathy**
- **Symptoms and Diagnosis of Cardiomyopathy**
- **Prevention and Treatment of Cardiomyopathy**
- **Cardiomyopathy in Children**