

ROLE OF A PROFESSIONAL LIFEGUARD

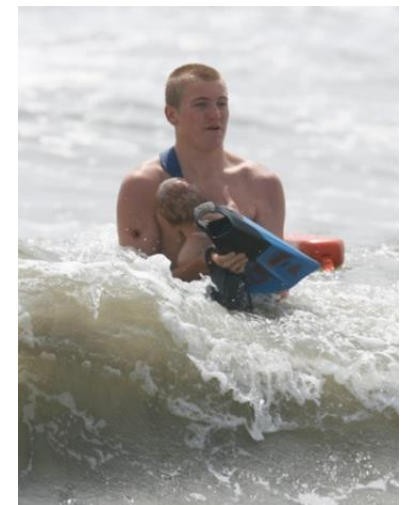


WHAT DOES A LIFEGUARD DO?



WHAT DOES A LIFEGUARD DO?

- Preventative Actions
- Beach Education
- Rescues
- First Aid
- Enforce the Law
- Public Relations
- Lost children
- Educate the public
- Maintain equipment



RESPONSIBILITIES



- Protecting life, limb, and property of the public who visit the beaches
- Prevent accidents through “anticipation and communication”

QUALITIES



- Punctual
- Appearance
- Diligent
- Good people skills
- Proactive
- Adaptive
- Maintain fitness
- Positive attitude
- **Be Prepared**



WATCH THE WATER!



CARRY YOUR GEAR



**STAY
FOCUSED
BE
PREPARED**



WORK ENVIRONMENT

“**CHANGE IS** the only constant in **LIFEGUARDING**”

Henry Reyes *Philosopher / ISLA President*



WORK ENVIRONMENT



Check Conditions
– Permanent & Temporary

Know your limitations





WORK ENVIRONMENT

Identify The Hazards



Lifeguarding is Physically and Mentally Challenging:

S- Strengths (team members)

W- Weaknesses (team members)

O- Opportunities (resources available)

T- Threats (life and/or death situations)

YOUR SAFETY COMES 1st

1. Personal
2. Partner
3. Patient
4. Public



SCENE SAFETY

First step in evaluating a scene...
Is it safe?

Approach the scene NOT be a part of the
scene!

Watch and check ALL at all times.

Be observant!









NORMAL OPERATING PROCEDURE (NOP)

1. Arrive to work early
2. Equipment inspection
3. Check the beach conditions
4. Team briefing
5. Daily operations
6. Daily training (physical/ first aid/ lifesaving)
7. Administrative duties
8. Team debrief

RESCUE EQUIPMENT

- **Lifeguard Buoy**
- Rescue Board
- **Fins**
- First Aid Kit
- Rescue Backboard
- Airway Mask/Oxygen
- AED



PERSONAL EQUIPMENT

- **Sunglasses**
- **Sunscreen**
- **Hat**
- **Water**
- **Watch**
- **Lunch**
- **Binoculars**
- **Radio / Phone**
- **Towel**



LIFEGUARD SINS

- Sleeping
- Reading
- Not acting
- Using mobile when working
- Using drugs or alcohol during work
- Incompetence
- Not watching the water
- Horseplay





HAVE AN EMERGENCY ACTION PLAN

Questions for daily team meeting:

- What are the hazards/conditions today?
- Who are my potential victims?
- How would I rescue them?
- What resources do I need?
- How long would it take me to reach them?

Review, Questions & Comments?

