

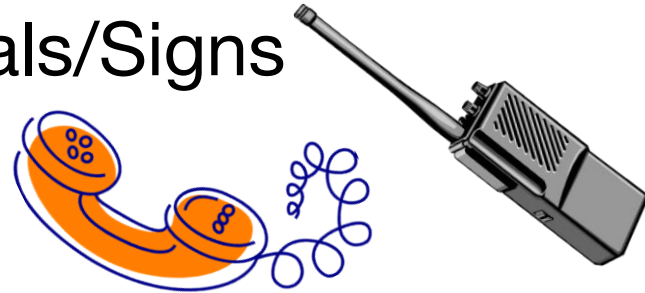
LIFEGUARD COMMUNICATIONS AND COVERAGE SYSTEMS



COMMUNICATION

The lifeguard communication system:

- Non-Verbal
- Hand/Buoy/Flag Signals/Signs
- Radio/Phone



- ALWAYS have a plan of communication
- Communicate during changes
- Key ingredient to team success

Non-Verbal

- Reading Body Language
- Common Known Signs/Signals
- Use of Whistles




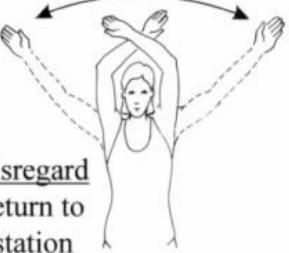


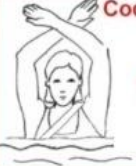
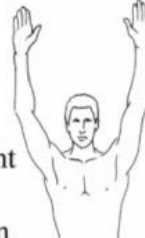


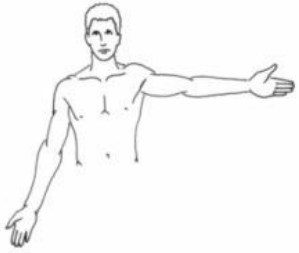
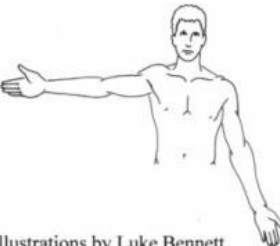
When you leave the tower/station, give concise information:

- Who you are
- Your location
- The situation
- How many people
- If you need help or not

WHO – WHAT – WHERE
Conditions, Actions, Needs



LIFEGUARD HAND SIGNALS

<p><u>code 4</u> here</p> 	 <p><u>disregard</u> return to station</p>	<p><u>assistance</u> needed!</p> 
<p>rescue is <u>inside</u> your present position</p> 	<p>Code X- Missing Swimmer! A swimmer is missing and presumed submerged</p>  <p>rescue is straight <u>outside</u> your current position</p> 	
	<p>rescue is <u>outside</u> and <u>toward the direction</u> <u>indicated</u></p> 	
	<p>rescue is <u>directly</u> to the <u>side indicated</u></p> 	

illustrations by Luke Bennett

BEACH FLAGS



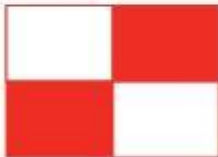
Always swim between the
RED and YELLOW flags.



RED FLAG:
No swimming.



YELLOW FLAG:
Caution required. Potential Hazards.



RED AND WHITE FLAG:
Evacuate the water.



BLACK AND WHITE FLAG:
Surfcraft riding area boundary.



SWIM BETWEEN THE FLAGS



SIGNS

- Visual
- Customized
- Used in conjunction with flags





The "Overlay"

- Define zones & hazards
- Read adjacent zone/lifeguards
- Communicate with your lifeguards (rescues, back-up)
- Identify weak points/skill levels



PERIMETER DEFENSE SYSTEM

“The Operation”

Systematic lifeguarding to cover & **provide back-up** of an area of responsibility while a lifeguard is on a rescue = **Lifeguard Deployment**

Back-Up Coverage provided by adjacent lifeguards for surveillance and rescue assistance.

Note: The **PDS** is highly effective, but requires a significant amount of resources, planning, and training.



PURPOSE OF PERIMETER DEFENSE SYSTEM



- Provides supervision of lifeguards and division of labor – Span of Control
- Provides back-up assistance
- Provides safety through strategic deployment



ROTATION GUIDELINES

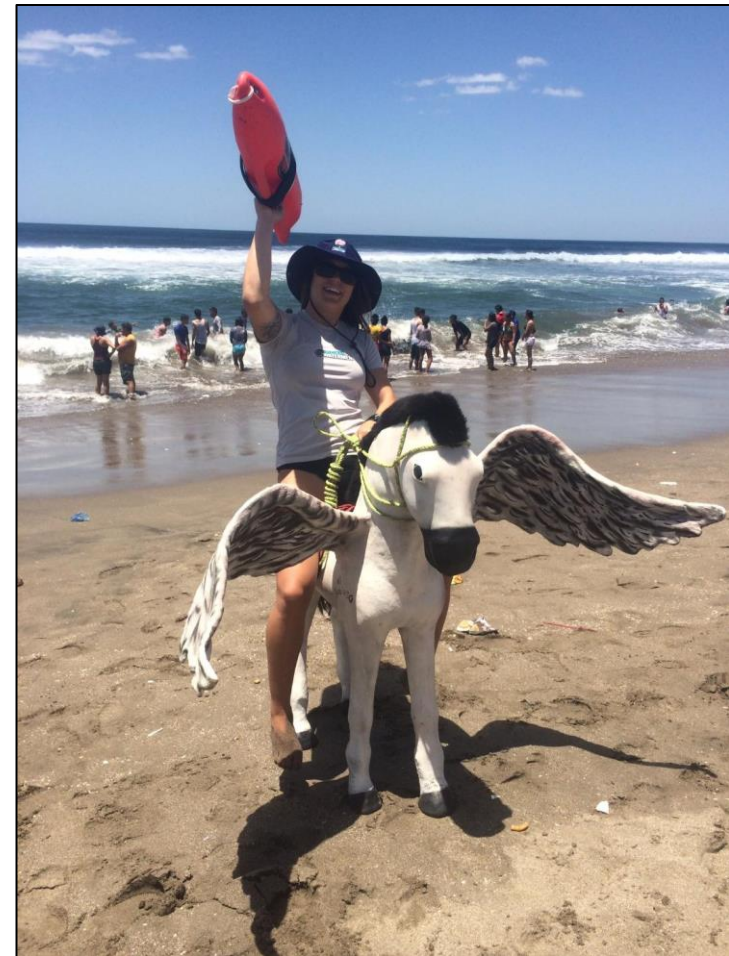
Divide and Conquer

- # of Lifeguards
- Designated Stations
- Interval
- Breaks
- Shade and Hydration
- Move with a purpose



ALTERNATE STATIONS

- Tower
- Walking Patrol
- Board Patrol
- Stand-Up Paddleboards
- Gate Keeper (Rip Currents)
- Child Supervision
- Public Education
- Predict & Adapt



EFFECTIVE LIFEGUARDING

- Design Beach Operation
- Adapt the Operation
- Affect the Crowd
- ATM = Ask, Tell, Make
- Wet Prevents
- **Be Proactive**
- **Be Preventive** – Be the “Preventionist”

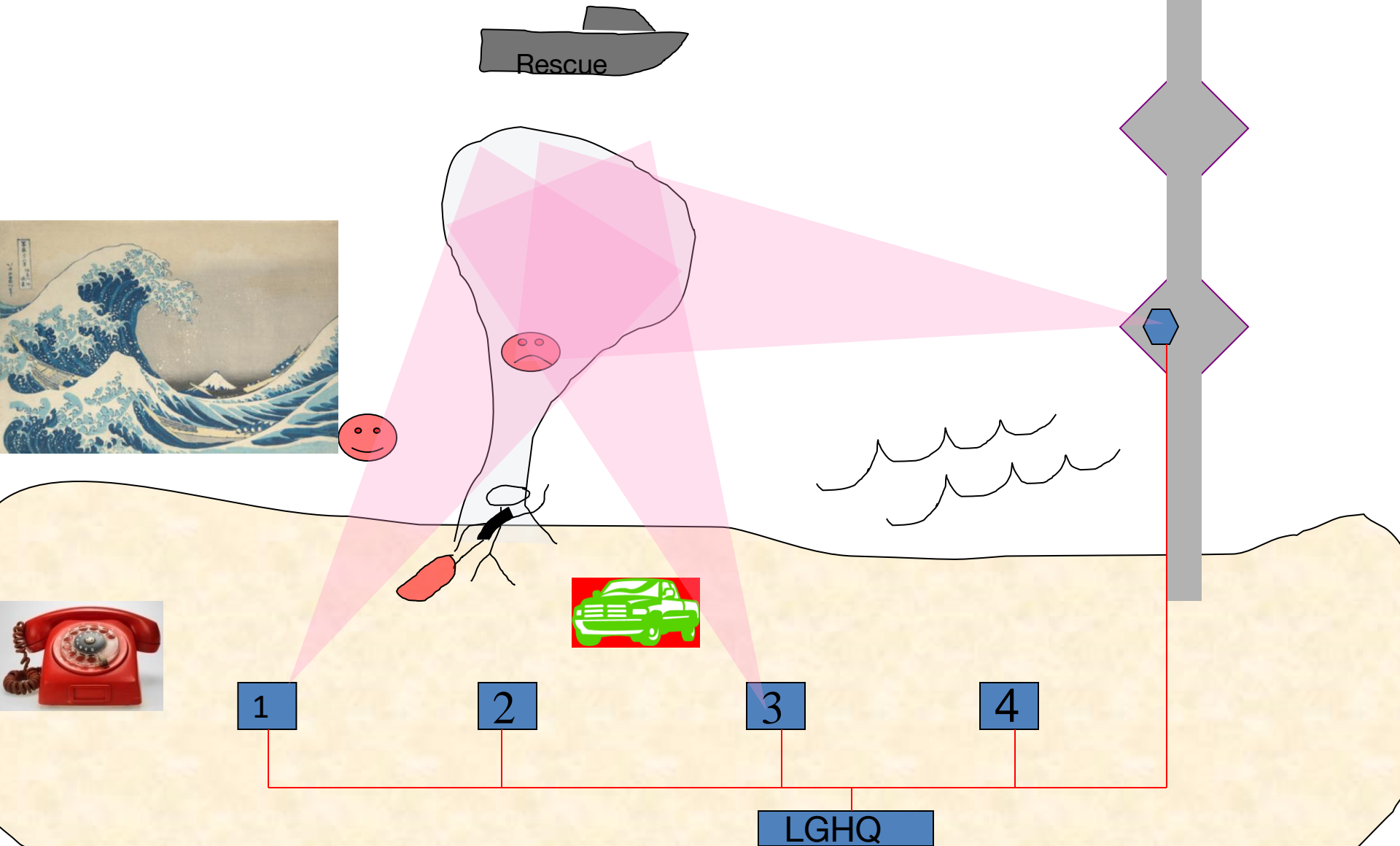


EMERGENCY ACTION PLAN

- Missing Swimmer – Code X
 - Strong Surf
 - Rip Currents
 - Boat Operations
 - Ambulance Access
 - Additional Resources (Police, Fire, Medical)
- *Plan & Communicate***



PERIMETER DEFENSE SYSTEM



Added Value

- Boat Ops
- RWC Ops
- Free Diving
- SCUBA Diving
- Rope Rescue
- Trench Rescue



*Know your abilities, level of training, Policies, and Procedures
(SOG's)*

THE CHALLENGE

