

Longfellow's Lifeguarding Facts

What Is a Lifeguard?

A lifeguard is a trained person who is responsible for keeping people at swimming pools, beaches, lakes and waterparks safe. Lifeguards do this by helping to prevent and responding to emergencies.

What Are a Lifeguard's Responsibilities?

A lifeguard's main responsibility is to prevent drowning and other injuries from occurring at an aquatic facility. An aquatic facility is a place where recreational water activities happen. A lifeguard keeps people safe by:

- Keeping a close watch of the activities in the water.
- Preventing injuries by watching out for dangerous situations or behaviors and stopping them.
- Enforcing facility rules and teaching people about them.
- Recognizing and responding quickly to all emergencies.
- Giving first aid and CPR.
- Working as a team with other lifeguards, staff and management.

Other tasks a lifeguard performs can include:

- Testing the pool water to be sure it is clean and balanced.
- Giving swim tests.
- Fitting life jackets.
- Cleaning or performing maintenance.
- Completing records and reports.
- Performing opening duties, closing duties or facility safety checks and inspections.

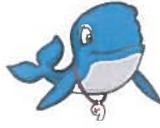
What Does a Lifeguard Need?

A lifeguard's equipment usually includes:

- A uniform (swimsuit, shirt, jacket, hat).
- Whistle or other communication device.
- Sunglasses.
- Hip pack with disposable gloves and breathing mask.
- Rescue tube.

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- Sunscreen.
- Lifeguard stand with umbrella.
- First aid kit and supplies.
- Personal protective equipment.
- Rescue equipment to help remove someone from the water or to help someone with breathing or cardiac (heart) emergencies.

How Can You Help the Lifeguard?

You can help the lifeguard by:

- Reading and obeying all posted rules and warning signs.
- Following the lifeguard's directions immediately if you hear a whistle, horn or other signal of an emergency.
- Staying out of the way in an emergency.
- Never playing with safety equipment and leaving it where it belongs.
- Getting out of the water immediately when the signal is given.
- Not distracting the lifeguard. Do not talk to a lifeguard who is watching over the patrons in the water.
- Doing exactly what you are told if your help is requested.

