

Lakeside Public Pool Lifeguard Orientation

- Review of Red Cross Guidelines

Certification Requirements

- Attend all class sessions
- Participate in all activities
- Correctly answer at least 80 percent of the questions in the final written examination

Primary Responsibility of a Lifeguard

- Ensure patron safety and protect lives
- Done through patron surveillance—
keeping a close watch over the people in
the facility

Surveillance Breaks

- Lifeguards should take periodic breaks
- If only one lifeguard on duty, he or she must clear the water during a break
- No schedule changes without permission

Safety Checks

- Key components to creating and maintaining a safer facility:
 - Recognize potential hazards
 - Evaluate potential hazards
 - Address potential hazards

Hazards—Pool Water

- Clarity and quality of the pool water must be checked periodically
- Bottom and racing lanes and drain covers must be visible
- If not, corrective actions must be taken; the facility must be closed until corrected

Facility Maintenance

- Patrons expect facility to be clean and safe
- Maintenance routine should include inspections:
 - Before opening the facility
 - During hours of operation
 - At closing

Equipment

- Identify equipment needed for different emergencies
- Lifeguard team must know the location and be trained to use properly
- Recommend to management any additional equipment needed and why it is needed

Lifeguard Team Responsibilities

- Recognizing when someone needs help
- Following the general rescue procedures
- Notifying the chain of command
- Interviewing witnesses
- Completing all records and reports
- Replacing equipment and supplies before re-opening

Post-Emergency Procedures

- All team members involved complete reports—promptly and accurately
- Rescue equipment and supplies must be replaced before re-opening
- Facility may have to temporarily close until staff and equipment is ready

Basic Precautions

- Treat all materials that come into contact with blood or body fluids as if they are infectious
- Wear personal protective equipment when providing care
- Wash hands thoroughly with soap and water before and after providing care
- Dispose of potentially infectious materials in appropriate containers

Recommended Immunizations

- Recommended to prevent infectious diseases:
 - DPT (Diphtheria, Pertussis, Tetanus)
 - Polio
 - Hepatitis B
 - MMR (Measles, Mumps, Rubella)
 - Influenza
- Hepatitis B vaccination

How To Interact With The Public

- Effective communication with the public is a cornerstone of lifeguarding
- Lifeguards sometimes cannot interrupt what they are doing to talk with patrons or resolve conflicts
- Lifeguards need to know when and how to call for help

Kinds of Problem Behavior

- A generally cooperative patron who breaks a rule and needs to be corrected for his or her safety or that of others
- An uncooperative patron who intentionally breaks rules and does not cooperate with

Managing Problem Behavior

- Anticipate problems
- Do not overreact
- Focus on the behavior, not the individual
- Respect patrons' feelings
- Be firm, fair, and friendly
- Do not pretend to know it all

Patrons With Disabilities

- Disability—loss, absence, or impairment of sensory, mental, or motor function
- Mainstreaming—process of including people with disabilities in same programs and activities as non-disabled
- Americans With Disabilities Act (ADA) ensures that people with disabilities

How To Minimize Risks

- The risks within an aquatic facility are—
 - Injuries to patrons and members of the lifeguard team
 - Loss of facility assets
 - Legal action against the facility and its employees
- Minimizing risk begins with injury

Duty To Act

- Lifeguards have a duty to act if an emergency occurs at the facility

Consent

- Lifeguards must obtain consent before providing care for an ill or injured patron
- To obtain consent, the lifeguard should tell the patron—
 - His or her level of training
 - What he or she thinks may be wrong
 - What he or she plans to do

Refusal Of Care

- Some ill or injured adults may refuse the care offered
- Parents may refuse care for children
- Even if the victim seems seriously injured, refusal of care must be honored