

Lifeguard Techniques

Victim Recognition

Demonstrate ability to recognize individuals or groups who may require lifeguard intervention or education to prevent an accident.

Must Sees:

- Identification of potential victims
- Quick, accurate recognition
- Appropriate intervention and education to prevent an incident

Scanning and Observation

Establish effective supervision of an aquatic facility using observation skills and scanning techniques.

Must Sees

- Quick identification of potential incidents
- Regular scan of designated area
- Observable and systematic scanning pattern
- Quick recognition of patrons in need of assistance and quick, accurate analysis
- Ability to identify communication such as hand signals or whistle blasts from other lifeguards

Positioning and Rotation

Establish effective supervision of an aquatic environment through lifeguard positioning and rotation.

Must Sees:

- Appropriate positioning of lifeguards with consideration for:
 - Bather load
 - Equipment location
 - Lifeguard number and ability
 - Danger areas
 - Blind spots and changes in visibility
 - Leisure equipment and patron activity
 - Changes in number of lifeguards or patrons
- Efficient lifeguard rotation while maintaining effective coverage