

## **Lifeguard vs. Lifesaver**

### **Lifeguard**

- Accident prevention
- Backup/Team work
- Main concern is victim
- Moral and Legal Duty
- Can be liable and negligent
- Must be qualified according to Health Act
- Specific locale with known conditions
- Specific procedures to deal with specific emergencies
- Professional
- Few decisions due to set procedures to deal with specific emergencies
- Supplies O<sub>2</sub> therapy almost immediately
- Gross motor movements reduced
- Has equipment specific to site and injury
- Public Awareness of hazards

### **Lifesaver**

- Reacts after an accident occurs
- May be alone or with bystanders
- Ensures his/her own safety first
- Only has a moral obligation to help
- Covered by Good Samaritan Act
- No restrictions; can be anyone
- Can be anywhere
- General treatment
- Amateur assisting at a chance accident
- Many decisions to be made; more stress
- O<sub>2</sub> not started until ambulance or hospital
- Gross motor movements necessary due to lack of equipment and trained teamwork
- Often must make do with whatever is there
- Hazards unknown
- *Can be an off-duty lifeguard*

## **Principles of Lifeguarding**

### **1. Prevention**

*(ALERT 2)*

### **2. Backup**

*(ALERT 50)*

### **3. Focal Points**

*(ALERT 49)*

### **4. Time vs. Quality of Care**

### **5. Procedural Approach**

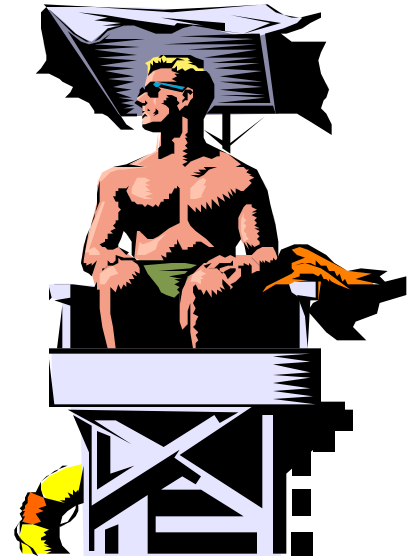
*(ALERT 32-57)*

## **Lifeguard Image**

**What are some common stereotypes of lifeguards?**

**How does image affect one's ability to lifeguard?**

**How should lifeguard maintain a professional appearance?**



## **Lifeguard Duties**

**What do lifeguards really spend their time doing?**

*(ALERT 1-4)*

**Why is inservice training important?**

*(ALERT 127-132)*

**Why is fitness training important?**

*(ALERT 133-134, CLSM 10:1-11)*

## **Responsibilities**

**Who are lifeguards responsible to?**

*(ALERT 4)*