

## **Scanning**

(ALERT 17-19)

Scanning is the systematic visual observation of the facility, its patrons, and their activities. Scanning requirements and techniques will be affected by several factors:

Here are five things to consider while scanning.

**1. Where to move:** *once assigned to a position, lifeguards must move around when necessary in order to:*

- Maintain \_\_\_\_\_ sight lines
- Counteract \_\_\_\_\_
- Minimize the effect of \_\_\_\_\_
- NEVER turn your back to the pool!

**2. Where to look**

- Top, Middle, and \_\_\_\_\_ of water
- \_\_\_\_\_ and busy spots, as well as empty water
- All areas of facility within view
- Remember to scan your other lifeguards

**3. How to look**

- Quick sweeps and Individualized scanning
- Focus on \_\_\_\_\_ and their expressions
- Look and listen for things that are \_\_\_\_\_
- Avoid \_\_\_\_\_ at one thing
- Actually move your head back and forth
- Never stop scanning!

**4. Use your senses**

- Sound:
- Smell:
- Touch:

**5. Have a strategy**

- Head counting
- Grouping
- Mental filing
- Profile matching
- Tracking
- Stay alert! Keep your mind on task



## **Safety Supervision**

*(ALERT 10-16)*

Lifeguards must work together as a team to effectively supervise an area. When contemplating the overall supervision of a pool, here are five things to consider:

### **1. Number of lifeguards**

- According to the BC Health Act, the minimum ratio of lifeguards to patrons is: \_\_\_\_\_
- However, the number of lifeguards required to effectively guard an area may be greater. This will depend on several factors
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### **2. Positioning of lifeguards**

When there is more than one lifeguard supervising the pool, each lifeguard is generally assigned a position. These positions are based on some of the following considerations:

- Overall pool coverage and zone system (intensive/extensive/combined)
- Sight lines and degree of rotation
- High traffic areas and hazardous spots
- Ease of communication

### **3. Elevated stations vs. ground-level patrol**

### **4. Rotations and breaks**

- Rotations are necessary to keep lifeguards alert
- Depending on the circumstances, lifeguards generally rotate positions every 10-30 minutes
- Lifeguards need periodic breaks from scanning, at which point they can perform other related duties

### **5. Shifting to cover**

- If one lifeguard needs to move from their position to deal with something, the other lifeguards must shift to cover.
- The closest lifeguard should usually deal with the incident
- When one lifeguard moves to deal with an incident, the other lifeguards must relocate to adequately cover the 1<sup>st</sup> lifeguard's area
- Each lifeguard must know where and what each other lifeguard is doing on deck at all times

**Recognition**

(ALERT 23-24, 27-30)

1. The likelihood of swimming-related fatalities occurring in supervised areas is greatly increased by one or more of the following R.I.D. factors:  
A failure to **R**\_\_\_\_\_ signs of distress  
**I**\_\_\_\_\_ of non-scanning duties  
**D**\_\_\_\_\_ from surveillance duties
2. It is essential that when you scan you are actually thinking about what you are seeing. Too often, lifeguards are looking but not seeing.
3. Remember that your goal is prevention. Always be looking for incidents that you might be able to prevent.  
Examples include:
  - Unsupervised children
  - Gutter grabbers
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4. Know the typical signs of drowning
  - No call for help or wave
  - Upright body position
  - Non-supportive leg action
  - Vigorous arm movements either to the sides or front
  - Head tilted back, and face towards safety
  - Face and eyes show panic
5. Respond quickly upon recognition. The \_\_\_\_\_ is a good benchmark to aim for. Any incident should be recognized within 10 seconds and responded to within 20 seconds. Remember that **every second counts** in the rescue of a patient in the water.