

THE WORK OF LIFEGUARDS

1. WATCH YOUR AREA OF BEACH AND WATER
2. PREVENT RESCUES
3. MAKE RESCUES
4. MAINTAIN YOUR BUOY AND UNIFORM
5. ANSWER QUESTIONS FROM THE PUBLIC
6. MAINTAIN STATISTICS

ETHICS

1. HONOR YOUR PROFESSION
2. MAINTAIN GOOD HEALTH AND A HIGH LEVEL OF PHYSICAL FITNESS.
3. WORK WITH OTHERS AS A TEAM

BASIC RULES

1. ALWAYS WATCH THE WATER
2. ALWAYS CARRY YOUR RESCUE BUOY
3. WHEN TALKING TO THE PUBLIC, KEEP IT BREIF
4. ALWAYS WATCH FELLOW LIFEGUARDS AROUND YOU
5. IF YOU DON'T KNOW, GO!

SIGNS OF DANGER

1. SOMEONE UNABLE TO MAKE FORWARD PROGRESS TO THE SHORE
2. SOMEONE SWIMMING WITH HAIR IN THEIR FACE
3. SOMEONE SWIMMING IN A VERTICAL POSITION (CLIMBING THE LADDER)
4. SOMEONE WITH POOR SWIMMING FORM
5. PEOPLE HOLDING ON FLOATION DEVICES
6. PEOPLE WHO ARE DRINKING ALCOHOL
7. PERSONS NOT DRESSED CORRECTLY TO GO SWIMMING
8. THE YOUNG AND THE OLD