

The Lifeguard



Where do we find a lifeguard?

- Next to beaches
- Next to pools



What is the lifeguards Job ?

- The lifeguard is in charge of safety.
- This can mean a lot of things:
 - save drowning victims,
 - provide first aid,
 - protect the environment,
 - enforce all laws,
 - provide directions.



What skills does the lifeguard need for his job?

- They need to be very accomplished swimmers.
- physically fit,
- regularly exercise
- comfortable in the water.



- They often need to face difficult swimming environments
 - the ocean, which has cold temperatures,
 - strong currents,
 - Waves
 - sea animals.



- As they are often the first responders, they need a lot of education in medical matters such
 - as CPR,
 - tending to wounds or burn.
- Whatever the emergency, a lifeguard will often be the
- first one to face it.
- Assistance in these areas not only saves lives, but also protects the environment.
- This can also mean specialized knowledge depending upon the area where they work, such as areas of surfing and boating.



What equipment does a lifeguard use?

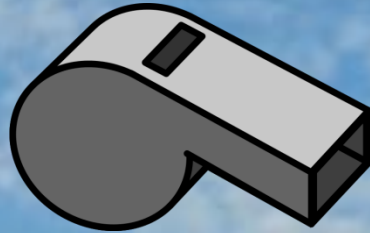
- The most basic and one of the most useful pieces of equipment is a watchtower. This can be a large structure with large binoculars or it can be as simple as a very tall chair. Whatever the form, a watchtower is there to help survey the waters and quickly observe any accidents.



- For small pools, this is often a large buoy to help drowning victims stay afloat and stay calm
- These are great pieces of equipment since they are easy to carry, light and save lives.



- Lifeguards also use whistles to get your attention.



- Rescue can



- First aid



- Finally, to maintain the sea shore, a lifeguard will use an
- assortment of flags and other communication equipment to
- keep swimmers and boaters aware of potential dangers.



Pool Rules



Beach Rules

Loud music, noise in general and foul language affect the enjoyment of other beach users and are prohibited.

Beach games such as volleyball and football are tolerated, provided that they do not cause nuisance to others

Damaging any beach or promenade equipment is an offence and will be prosecuted.



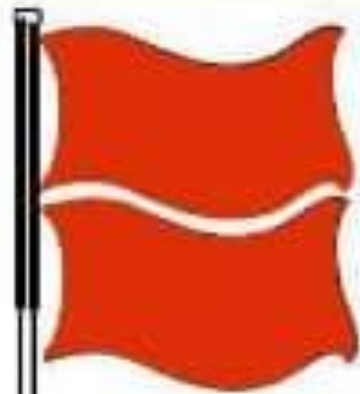
- Children are their parents' or guardians' responsibility and should be accompanied by an adult when in the water

It is prohibited to;

- Dig holes of a dangerous size in the size in the sand
- Litter, bury rubbish or dispose of it in the sea
- Make any form of fire or use BBQ equipment
- Erect camps, tents or gazebos or attach sheets or towels to beach umbrellas
- Drive motorised units on beaches
- Allow animals (except guide dogs) on sandy beaches



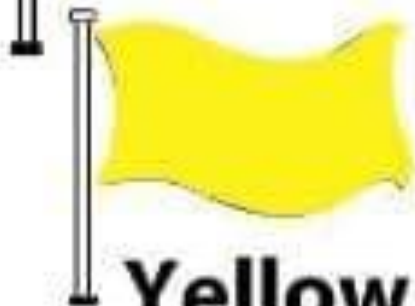
BEACH FLAG WARNING SYSTEM



Double Red
Water Closed to
Public Use



Red
High Hazard
(rough conditions,
such as strong surf
and or currents)



Yellow
Medium Hazard
(light surf and or
currents)



Green
Low Hazard
(calm conditions)



Purple
Marine Pest
(jellyfish, stingrays
& dangerous fish)