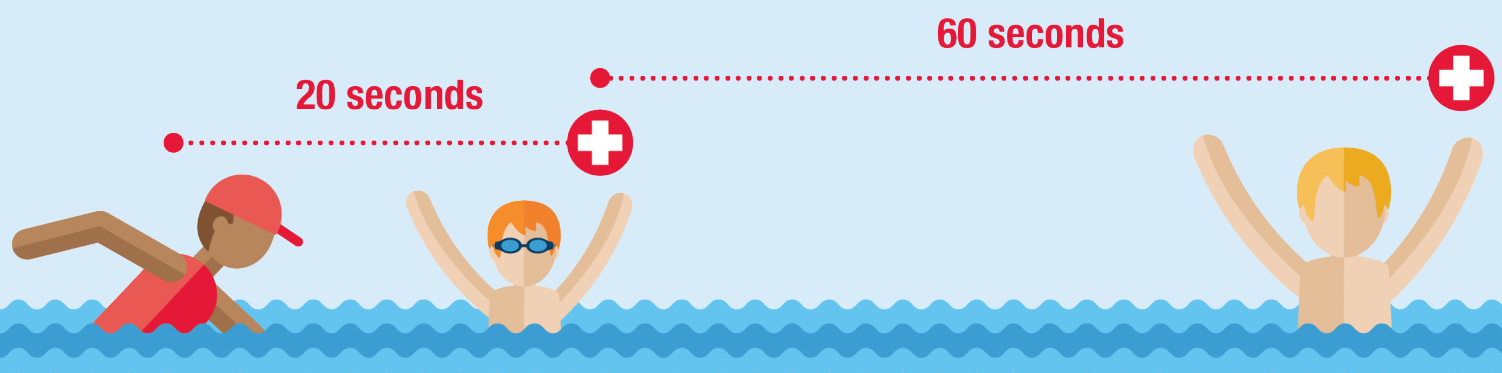
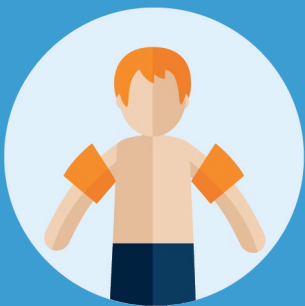


# AQUATIC ALERTNESS FOR LIFEGUARDS

Did you know a child can drown in as little as 20 seconds and an adult at 60 seconds<sup>1</sup>?



## 8 Tips for Staying Focused While on Duty



### Consider the Age of Swimmers

Children tend to hang around the surface while adults may swim underwater more often.



### Be Well Rested

Always show up to your shift well rested.

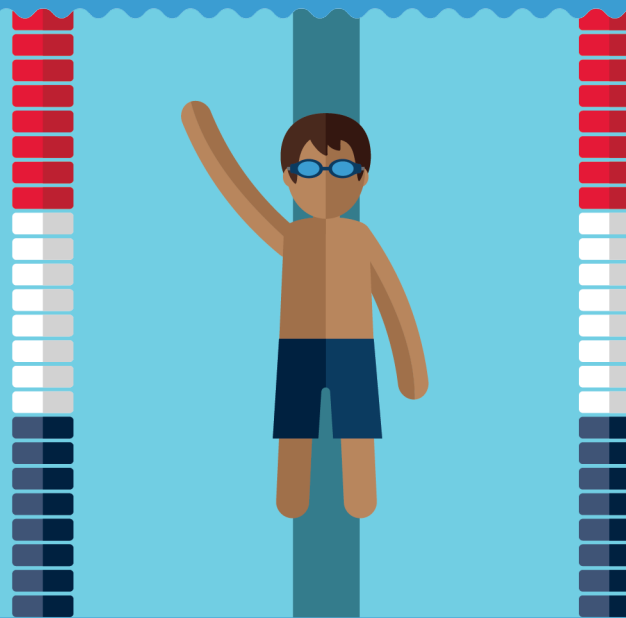


### Scan the Entire Zone

Use a side to side motion to get a glimpse of swimmers on a horizontal plane.

## Anticipate Activities

Anticipate a swimmer's activities so you know what area and what surface level of the pool to examine frequently. For example, you can anticipate a group class or time of day for increased lap swimming.



### Delay Conversations

Direct patrons and other staff to wait until later for conversations. If a patron asks a question, quickly acknowledge them and explain that you are unable to interrupt your scanning to look at them.



### Maintain Line of Sight

Maintain line of sight for your zone and be aware of barriers such as glare, shade, large objects and disturbances on the water's surface. Make adjustments throughout your shift.

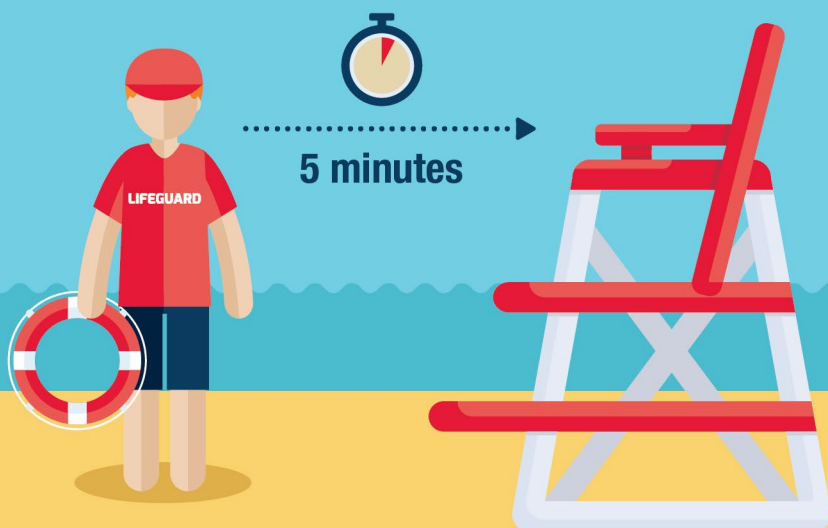


### Maintain Your Focus

Clear your mind of mental distractions by making plans for personal activities during off duty times and practice techniques such as shifting in your chair or counting people around the pool.

## Change Up Your Position

Every five minutes or so, switch to a standing or sitting position.



Sources: 1. US Army Corp of Engineers

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