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# Longfellow's Lifeguarding Facts

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## What Is a Lifeguard?

A lifeguard is a trained person who is responsible for keeping people at swimming pools, beaches, lakes and waterparks safe. Lifeguards do this by helping to prevent and responding to emergencies.

## What Are a Lifeguard's Responsibilities?

A lifeguard's main responsibility is to prevent drowning and other injuries from occurring at an aquatic facility. An aquatic facility is a place where recreational water activities happen. A lifeguard keeps people safe by:

- Keeping a close watch of the activities in the water.
- Preventing injuries by watching out for dangerous situations or behaviors and stopping them.
- Enforcing facility rules and teaching people about them.
- Recognizing and responding quickly to all emergencies.
- Giving first aid and CPR.
- Working as a team with other lifeguards, staff and management.

Other tasks a lifeguard performs can include:

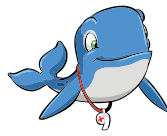
- Testing the pool water to be sure it is clean and balanced.
- Giving swim tests.
- Fitting life jackets.
- Cleaning or performing maintenance.
- Completing records and reports.
- Performing opening duties, closing duties or facility safety checks and inspections.

## What Does a Lifeguard Need?

A lifeguard's equipment usually includes:

- A uniform (swimsuit, shirt, jacket, hat).
- Whistle or other communication device.
- Sunglasses.
- Hip pack with disposable gloves and breathing mask.
- Rescue tube.

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- Sunscreen.
- Lifeguard stand with umbrella.
- First aid kit and supplies.
- Personal protective equipment.
- Rescue equipment to help remove someone from the water or to help someone with breathing or cardiac (heart) emergencies.

## How Can You Help the Lifeguard?

You can help the lifeguard by:

- Reading and obeying all posted rules and warning signs.
- Following the lifeguard's directions immediately if you hear a whistle, horn or other signal of an emergency.
- Staying out of the way in an emergency.
- Never playing with safety equipment and leaving it where it belongs.
- Getting out of the water immediately when the signal is given.
- Not distracting the lifeguard. Do not talk to a lifeguard who is watching over the patrons in the water.
- Doing exactly what you are told if your help is requested.