



*Lifeguard Ongoing Training Session Eight*

List a minimum of 3 access controls that a swimming pool can use to ensure entry to the pool is controlled

1

2

3

Can you list a minimum of 5 things you may be expected to check when opening and closing a swimming pool as a lifeguard?

1

2

3

4

5



## Lifeguard Ongoing Training Session Eight

In an emergency there are many things that need to be considered. Below is a list of actions that may need to be carried out depending on the emergency. Think of a pool related incident and using the points below, arrange them in a logical order to fit the given scenario

Call 999/ 112

Replenish first aid box

Perform a rescue

Take casualty to quiet, safe area

Recognise an emergency/ the early signs of an emergency developing

Alert team members

Collect first aid kit

Implement the Emergency Action Plan

Use backup staff to replace lifeguards

Staff meeting to debrief

Bring casualty to a point of support

Administer first aid

Complete accident/ incident report form

Clean poolside where blood is present

Enter the water safely

Assist casualty from the water

Instruct swimmers to exit the water



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Select the statement that would be linked to a lifeguards actions during a bomb threat

**Direct pool users to the designated assembly point which will be located outside of the building**

Investigate suspicious packages to check if they are a hoax

**Evacuation of children and vulnerable adults**

Reporting any suspicious items via lines of communication

**Press the evacuation alarm and clear the building as quickly as possible**

Keep exit routes clear

**Wait for your next rotation before taking action**

Manage a controlled evacuation from the pool hall

Can you fill in the gaps of the CPR sequence (Adult, Child and Infant)?

Unresponsive and not  normally.

Call 999 and ask for an

If , child or infant give 5 rescue breaths

chest compressions

2 rescue

Continue  30:2

As soon as  arrives switch it on and follow instructions