



Lifeguard Ongoing Training Session Three

Can you list 7 roles and responsibilities of a lifeguard?

Maintaining a p attitude

Being Pr

Maintaining O

Providing good s

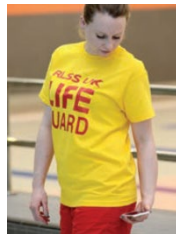
E intervention

Accident P

R

Can you list the key attributes of a Lifeguard?

Why could these Lifeguards be held accountable?





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Can you match the type of entry with the appropriate rescue type or technique in which it could be used?

This technique can be used in shallow or deep water and may be useful where there is a drop into the water from the edge of the pool

In a leisure pool, which may be a few inches deep and have a gradual slope

This technique allows you to keep the casualty in view during the rescue

Hold the buoy across your chest firmly with the ends under your arms

This is the fastest way to get into the pool and reach the casualty. The downside is you lose sight of the casualty during the entry

Communicate with a Supervisor that the bather loads are nearing capacity

Leave your Lifeguard station and inform both the receptionist and Duty Manager

Restrict/ stop entry into the swimming pool

Evacuate the pool by sounding the fire/ evacuation alarm

Blow three whistles and ask the last three bathers to leave the pool

Request support from additional Lifeguards or Supervisors to assist in reducing the pool bathers

Conduct a pool test immediately to ensure the chlorine is high enough



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There are 16 items that you could find in a First Aid kit - can you find them?

- ☐ Adhesive tape
- ☐ Inhalers
- ☐ Large sterile dressing
- ☐ Deep-heat cream
- ☐ Eye pad sterile dressing
- ☐ Conforming bandage
- ☐ Triangular bandage
- ☐ Shears (tuff cut scissors)
- ☐ Adhesive sterile dressings (plasters)
- ☐ Guidance leaflet
- ☐ Paracetamol
- ☐ Needles
- ☐ Gloves



- ☐ Contents list
- ☐ Resuscitation shield/mask
- ☐ Parcel tape
- ☐ Towel
- ☐ Epi-pen/Jext
- ☐ Medium sterile dressing
- ☐ Foil blanket
- ☐ Safety pins
- ☐ Alcohol free cleaning wipes
- ☐ Burns dressing
- ☐ Pen and paper
- ☐ Map of location
- ☐ After sun cream

A Sprain is

A Strain is