



Swimming Pool Safety

“The best lifeguards in the world never enter the water”. The keys to swimming pool safety are prevention and preparation.



PREVENTING SWIMMING POOL ACCIDENTS

- ✓ Discourage unauthorized entry into the pool area
 - Walls, fences, and self locking gates should be secure.
 - Be mindful of tables and chairs used to jump over fences.
 - Be mindful of tree limbs that can be used to mount fences.

GENERAL SAFETY CONSIDERATIONS

- ✓ Make sure lifeguard stand is safe (non-slip material, no loose parts, shade provided).
- ✓ Make sure starting block is firmly anchored, non-slip coating should be good, and ensure it is square and level.
- ✓ Please review the MSDS stations on site.
- ✓ Chlorine Liquid
 - Regular inspections should be made by trained personnel.
 - If you smell a heavy odor in the pump room, notify proper personnel.
 - Warning sign should be mounted on the door.
 - If you are checking for leaks, do so with a buddy.
 - PPE (Personal Protective Equipment) should be worn at all times when handling any chemicals.

LOCKERROOM SAFETY

- ✓ Examine benches for slipperiness, missing paint, and unstable mountings.
- ✓ Check paper towel holders, sink, etc. for stability.
- ✓ Check toilet fixtures for cracks, leaks, etc.
- ✓ Check that lights are functioning.
- ✓ Ensure that there is a daily adequate supply of soap and paper products.
- ✓ Report any maintenance issues and document them.





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HOW CAN YOU PLAY A ROLE IN PREVENTING POOL ACCIDENTS?

- ✓ Ensure that you have an unobstructed view of the pool.
- ✓ Scan pool area and make a mental note of weak swimmers and keep track of him/her until they exit the pool. Relay information to relieving guard.
- ✓ Don't forget to scan the area underneath your stand.
- ✓ Evacuate pool during electrical failure or thunderstorm.
- ✓ Post emergency instructions conspicuously near your area and the phone.



DEALING WITH SERIOUS INCIDENTS

- ✓ If a swimmer is struggling near the edge, anchor yourself by lying down and pulling him/her out of the pool.
- ✓ Use the Sheppard's crook to assist distressed swimmers about 10 feet from the edge.
- ✓ Use a throwing assist to help distressed swimmers that are beyond 10 feet. Inspect the throwing assist daily to ensure that it is not tangled.

