
Leadership in lifeguarding for optimum swimming safety

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Introduction

Drowning is a universal and leading cause of accidental death worldwide. Several decades ago, some people believed that a key to improved safety of those swimming was at hand merely through the hiring of lifeguards. Eventually, most aquatic agencies realized that another key to improved water safety is the careful training and supervision of these lifeguards.

In fact, this author argues that we also need a head or lead lifeguard, who will guard, or supervise, the lifeguards.

Aims

To identify the factors that determine and constitute effective leadership in lifeguarding.

Conclusions

The present review proposes that lifeguard leadership is needed for the operation of a lifeguard team to deal with issues of prevention, rescue and treatment. Lifeguard leadership can be learned, and is not the result of an inborn 'charisma'. The factors that determine and constitute effective leadership in lifeguarding are related to the lifeguard leaders personal qualities, the way that the lifeguard team and the daily responsibilities are handled, the leadership decision styles, the type of situation that needs to be addressed and the quality of judging the effectiveness of the lifeguard team (1).

References

1. Avramidis, S. (2009) Lifeguard Leadership. *International Journal of Aquatic Research and Education*, 3(1), pp. 89–100.

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