



# The Lifesaving Society

## OUT OF POSITION



LIFESAVING SOCIETY®  
The Lifeguarding Experts

World Conference on Drowning Prevention 2011

## Session Presentors

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### Agenda:

- Introduction
- The Lifesaving Society
- Regulations, Guidelines, Manuals
- Lifesaving Society Priority Messages
- Advice/Considerations
- Case Study – Pool Example
- Wrap up

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### Session Objectives

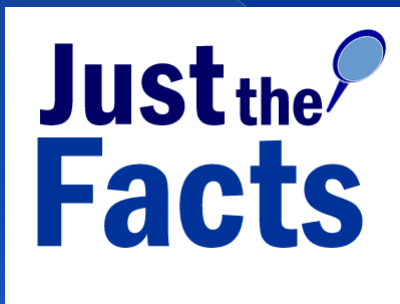
- To review the regulations and guidelines affecting lifeguard positioning
- Examine the effects of proper lifeguard positioning
- To provide information and tools for the training in and enforcement of proper lifeguard positioning



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## The Facts



- We are presenting the "facts" of "public domain" incidents. (i.e. those reported in case law or coroners inquests).
- Any "facts" that we are presenting from non-public domain incidents have been verified and permission has been granted to use this information.
- All "facts" are reported as accurately as possible and are reflective of the general circumstances of the incident

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## The Lifesaving Society

- Dedicated to the prevention of drowning
- A National volunteer charitable organization
- Educating Canadian lifesavers since the first Bronze Medallion *in 1896*
- Certifies over 700,000 Canadians annually in lifesaving

The  
**Lifeguarding**  
Experts



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## The Lifesaving Society

- Conducts annual drowning research and public education campaigns
- Establishes and consults on aquatic safety standards
- Represents Canada to the International Lifesaving Federation and the Commonwealth-wide Royal Life Saving Society
- Check out our website... [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

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# OUT OF POSITION



Where should the lifeguards be positioned, and why?  
Develop a plan



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# OUT OF POSITION

EXPECTATIONS FOR POSITIONING ARE CREATED IN:

Regulations

Guidelines

Standards Journals

Manuals/Text books



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### REGULATION – Ontario 565

- Lifeguards must be ON DECK in the correct ratio
- Lifeguards shall be so attired that they are readily identifiable
- Use of starting blocks, tarzan ropes, etc. must be directly supervised
- Lifeguard stations – the number of stations are regulated, but not their location
- Person within call trained in emergency procedures



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### GUIDELINES – Waterfront Safety

- Waterfront Lifeguard positioning is defined as a reasonable area or responsibility, based on; hazards, geographical/topographical features, water/weather conditions, bather load and activities
- Lifeguard stations recommended, not required
- Equipment – rafts, diving boards, etc. must be supervised



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Standards Journals 1,2 & 3

- Admission standard enforcement
- Vision standard
- Positioning of lifeguards during electrical storms at supervised outdoor aquatic sites



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Lifeguard Manual/Text - Alert

- Considerations
- Strategies
- Sight lines
- Elevated stations
- Ground-level patrols
- Rotation and shifting
- Specialised equipment and situations



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## 4 Key Priority Messages

1. See every bather
2. See every hazard
3. Manage your patrons
4. Prevent fatigue

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# OUT OF POSITION

## SEE EVERY BATHER

- Patron numbers - manageable area of responsibility and visual accountability
- Adjust position - for changes to equipment, patron migration, water/weather conditions, underwater visibility

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## OUT OF POSITION

### SEE EVERY HAZARD

- See the bottom
- See the black disk
- See the hazards
- Eliminate blind spots



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## OUT OF POSITION

### MANAGE THE PATRONS

- Entry to the facility
- Grouping in the facility
- Use of equipment
- General behaviour



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## OUT OF POSITION

### PREVENT FATIGUE

- Lifeguards positioned to effectively cover a reasonable area of responsibility.
- Stay alert & vigilant with supervisory support, periodic rotation of position and relief periods for rest.
- Avoid loss of energy dehydration by replenishing fluids, electrolytes & eating nutritious food.



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## OUT OF POSITION

### Communicating the 4 key Priority Messages

Staff training

Staff supervision



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## OUT OF POSITION

### STAFF TRAINING

Define and test your scanning zones:

- Practice positioning and rotations.
- Place manikins, silhouettes, or simulated victims on the surface, under water and on the bottom.
- Check visibility from each position.

Cover your hazards:

- Drop offs, entry points, recreation equipment, glare, blind spots, surface agitation, etc.



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### STAFF SUPERVISION

- Draw and post your scan zones.
- Ensure proper positioning and rotations.
- Check Lifeguards scanning and sweeps of the zone, sight lines and area of responsibility.
- Provide feedback & encouragement to lifeguards to maintain vigilance.

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## OUT OF POSITION

Ensure your lifeguards know their positions and scanning zones



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## FACILITY DESIGN

The number of lifeguards is determined by the facility design, as long as it is at or above the Health Regulations standards.

Positioning of lifeguards should compliment the facility design for ease of sight lines. Some features may help delineate the zones or areas of responsibility.

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## BATHER LOAD & RATIOS

- Maximum bather load is determined by a calculation based on the dimensions in square metres of EACH water surface in the facility enclosure.
    - Bath Load equals the deep end square metres, divided by 2.5, plus the shallow end square metres, divided by 1.4
    - Basic Ratios:
      - 0-30, 1 Lifeguard.
      - 31-100, 2 Lifeguards.
      - 101-200, 3 Lifeguards.
      - 201-300, 4 Lifeguards.
- One additional Lifeguard for every 100 bathers

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## SUPERVISOR JUDGMENT

- Lifeguard positioning and scanning zones are often determined by the Aquatic Supervisor's personal judgment.
- Architectural Safety Audit or Lifeguard Positioning / Scanning Safety Audit completed by the Lifesaving Society are available options.

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## CASE STUDY

- When determining the position, rotation and relief periods, begin by researching other similar facilities and design features. Interviewing their staff and visiting the facility in use will help.
- During construction and inspections, begin to formulate a plan how the facility will be used and how the lifeguards will supervise the facility.
- Overstaff the facility initially until the staff become comfortable and oriented to the new environment, and bather activities.

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## CONSIDER DISPATCH FOR SLIDE





## CONSIDER SPLASH DOWN ZONE FOR SLIDE



## CONSIDER BLIND SPOTS & OBSTRUCTIONS





## CONSIDER CHANGES IN DEPTHS & HAZARDS



## CONSIDER SHAPE & DISTRACTIONS





## CONSIDER DISTANCES & DISTORTION



## CONSIDER GLARE & LIGHT REFLECTION



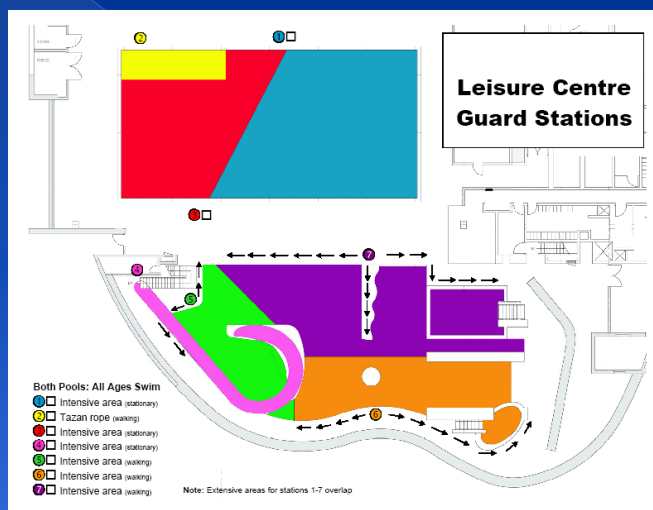


## FACILITY DESIGN & RECREATIONAL EQUIPMENT

- How many lifeguards are required to supervise a facility during a Public Swim, that has a bather load of 115 in the lap pool and 115 in the leisure pool?
- Can every point including the bottom of all pools be visible in each scan?
- Are there any equipment supervision considerations?



## SCANNING ZONES - 7 Lifeguards





## YOUR FACILITY

Questions / Discussion on  
scanning your facility?



*On behalf of the  
Lifesaving Society Canada,  
the Lifeguard Experts,*

THANK YOU