



Safe-Wise Lifeguard Pledge

While on lifeguard duty I will;

1. Remain Rescue Ready
2. Remain alert and vigilant
3. Position myself at pools edge
4. Provide 10/10 protection
5. Proactively scan my zone
6. Provide undistracted Bottom to Top scanning
7. Swim Test all youth
8. Restrict non-swimmers to shoulder-depth water
9. Keep my safety and rescue skills proficient