

Ten Strategies for Preventing Aquatic Accidents:

1. Lifeguards are always Rescue Ready
2. Lifeguards are always actively scanning – following the 10/10 rule, from bottom to top
3. Lifeguards are always properly positioned – edge of pool and elevated lifeguard stands
4. Lifeguards follow an effective Zone Coverage plan
5. The lifeguard schedule allows for breaks - encourages rotation and keeps guards alert
6. Monitoring practices are in place and followed – quick checks, greeting guards, regular observation
7. A program of regular drills is established and practiced – red ball, silhouette, red cap
8. Monthly in-service training is conducted
9. Swim testing is conducted for all participants – especially special events
10. Leadership is committed to aquatic safety – focus on and communicate the importance of aquatic safety – creating a culture of safety - Pledges

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