



## ***Our Promise***

- I will constantly scan the pool so that I can recognize swimmers in distress and provide assistance when needed.
- Please understand that I cannot stop to talk. I am always on guard and must remain focused on my primary responsibility of protecting lives.
- I will always carry my rescue tube, mask and gloves on my person and ready for use.
- I will always sit on an elevated lifeguard chair or patrol at the edge of the pool. I will be aware of visibility issues and rotate my position accordingly.
- I will attend monthly training events to practice my skills and stay on the cutting edge of aquatic safety.
- I am here for you and your safety. Please enjoy your visit to our YMCA pool.

– *Your YMCA Lifeguards*