

Safe-WiseSM

Experience • Knowledge • Insight

Personal Equipment for Lifeguards

Effective lifeguards have a dedicated bag for their lifeguarding equipment. Having this equipment together and ready will help prepare you for duty.

Lifeguards: All

1. Comfortable and practical swimsuit
2. Assigned uniform or clearly identifying lifeguard shirt
3. Whistle w/ lanyard
4. Towel
5. Water bottle
6. Rescue pack equipped w/ resuscitation mask and gloves
7. Rescue tube or buoy
8. Inflatable rescue tube for multiple rescues
9. Swim fins, mask, snorkel (deep pools)
10. Non-slip Aquatic shoes (optional)

Lifeguards: Outdoors

Lifeguards at outdoor facilities need to be prepared for weather changes, sun, and insects. In addition to the items on the **Lifeguard: All** list above, you will need:

1. Wide-brimmed hat or visor
2. Polarized sunglasses
3. Sunscreen
4. Cold weather gear
5. Rain gear
6. Insect repellent

Lifeguards: Open-water

Lifeguards at open-water facilities should have the equipment on the **Lifeguard: All** and **Lifeguard: Outdoor** lists, plus:

1. Binoculars
2. Swim fins, mask, snorkel
3. Inflatable rescue tube for multiple rescues, waterfronts, and boats
4. PFDs for use when in boat or small craft

What Not to Wear

1. Sharp or loose jewelry, including jewelry for body piercings
2. No street shoes (except aquatic shoes)
3. No cell phones or personal music players