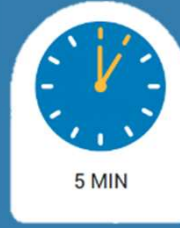


Volunteers on patrol

Extension for my community



Lifesaving education programs

Participants will experience the roles of a volunteer lifesaver by setting up a practice patrol.

Equipment

- ☐ Red and yellow flags
- ☐ Lifeguard uniform

Instructions

- 1) Introduce participants to the role of a lifesaver
- 2) List similarities and differences between a lifesaver on the beach and a lifeguard at the pool.
- 3) Practice lifeguarding hand signals.
- 4) Using the hand signals, you can now play "lifeguard says" (Simon says). For example: lifeguard says return to shore, lifeguard says move swimmers to the left (participants should do correct hand signal for each command).
- 5) Talk about pathways that participants can take to be a lifesaver or lifeguard when they grow up: swimming lessons, nippers, CPR/first aid, bronze medallion.

Signals

Beach to water signals



Water to beach signals

