



**City of Eden**

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SWIMMING POOL

SAFETY

PROCEDURES

&

EMPLOYEE

REQUIREMENTS

Effective: June 1<sup>st</sup>, 2023

**Purpose: To provide responsibilities that will ensure the safe use and operation of the Eden City swimming pool.**

### **Responsibilities - Pool Manager –**

Oversee all aspects of pool operations except water chemistry.

Review Swimming Pool Safety Plan and Policy annually with the Pool Supervisor.

Ensure all lifeguards have proper and current training requirements, and copies of certifications.

Maintain current records of all Lifeguards, ensure all paperwork is completed and in the city office before starting work.

Ensure first aid kits are maintained and inspected daily.

Ensure all rescue equipment is inspected and is taken out of service for repair and/or replacement promptly if an issue is found.

Contact the Supervisor if a significant medial issue or rescue occurs.

### **Lifeguards**

*Note: The State Sanitary Code, “Swimming Pools – Subpart 6-1,” clearly states there should be a lifeguard on duty engaged only in activities that involve direct supervision of the occupants of the pool. It also states that when instructional activities occur and the required lifeguard is providing the instruction, additional staff must be provided when the instructional activities may be expected to distract the lifeguard on duty.*

## **Responsibilities – Lifeguard –**

Lock/Unlock bathroom doors, pool access gates, and open and close pool area as directed by the Pool Manager.

Check all lifesaving equipment once per shift (minimum of once during every day that the pool is in operation).

If damaged or missing equipment is found replace immediately or close the pool until a suitable replacement can be found.

Lifeguards must create an entry into Lifeguards Timesheet every shift.

Document all incidents regarding misbehavior of patrons and minor medical incidents in the appropriate paperwork, located in the office.

Be positioned in such a manner to be able to always see pool occupants.

Check water clarity throughout your shift and close the pool if water clarity standards are not met, at any time.

Check posted rules and regulations for readability, and to be sure that there is always an unobstructed view of these rules and regulations.

Supervise use of pool and all activities in and around the pool.

Notify Police immediately for significant medical issues, rescues, and if a show of force is needed for misbehaving patrons. Police will file a formal report for these incidents, but brief documentation from lifeguards should also appear in the Pool office, to be handed into the City office, as soon as possible.

All lifeguards must wear the proper attire, when on duty. This consists of lifeguard shirt, whistle, life-saving tube, CPR and first aid packs, and water. If you need additional water, please ask any additional lifeguards or manager to get to for. (Do not leave your station to get anything from the office)

Lifeguards should be at their stations when the pool opens, when break is over (that does not mean, leave office when whistle blows. BE AT

YOUR STATION, patrons are ready to re-enter the pool and will not/should not have to wait for you to get to your station when break is over.

### **Recognizing Problematic Swimmers –**

Recognizing weak or problematic swimmers should be second nature to every lifeguard. As a lifesaving professional, spotting vulnerable or mischievous swimmers is your priority. **If you do not know what to be looking for or have concerns about what is being asked of you, speak with your supervisor.**

**immediately.** We are more focused on the importance of communicating your observations effectively as a team.

### **Prevention Strategies for Shallow Water Blackout –**

Shallow water blackout can be difficult to spot but is easy to prevent. All you need to do is:

1. Institute and enforce a ban on any prolonged, repeated, and competitive breath holding activities.
2. Train lifeguards in the dangers of hyperventilation and shallow water blackout.
3. Inform parents and swimmers why breath-holding activities are not allowed.
4. Understand that any strenuous exercise performed underwater drastically decreases the amount of time a swimmer can stay submerged.
5. Never hesitate; if a swimmer is sitting motionless on the bottom of the pool pull them out immediately. Better safe than sorry.

## STAND STRONG

There may come a time when someone tries to get you to take your eyes off the water; maybe, it will be a child that lost a toy, or a swimmer complaining about the water temperature, or maybe even a fellow lifeguard just trying to catch up on the latest gossip. In all these situations you should feel empowered to explain that unless their question or concern immediately impacts swimmer safety, they will need to wait until your shift is complete, or they will need to find the supervisor.

### From The American Red Cross

*“The primary responsibility of a lifeguard is to ensure patron safety and protect lives.”*

*What do you think is the most difficult rule to enforce?*

*When asked by visitors to a website, they said:*

<i>Shower before entering the water -----</i>	<i>44.12%</i>
<i>No running on the pool deck -----</i>	<i>32.35%</i>
<i>No floaties or unapproved flotation devices -----</i>	<i>8.82%</i>
<i>No diving in shallow water -----</i>	<i>5.88%</i>
<i>No breath holding -----</i>	<i>5.88%</i>
<i>Other -----</i>	<i>2.94%</i>

## **Enforce Pool Rules –**

Pool rules are important. They help protect swimmers from the most common water and pool-related injuries, and they also make a lifeguard's job easier. Pool rules lose their effectiveness when a lifeguard fails to uphold the rules consistently with all swimmers.

The timeless “but that lifeguard didn't stop us from doing (dangerous activity)” can be frustrating interaction for even the most patient and experienced guard. Every lifeguard needs to know and adhere to all pool rules.

## **Treat Everyone Equally**

It is not always easy to treat every swimmer the same. If you have worked at the pool for a long time, you will develop a rapport with some swimmers, and even learn which swimmers can manage themselves and which cannot.

Over time, you may become tempted to allow a member or a fellow lifeguard to practice breath-holding techniques. These actions compromise your ability to effectively enforce the rules. Always treat swimmers equally.

Before any lifeguard can enforce a pool's rules, they need to know why the rule exists in the first place. A canned response like, “Because I said so” is not going to fly with today's younger generation. To be truly persuasive and effective, a lifeguard may need to sit down with a swimmer and explain exactly why they need to shower before the water, or why a pair of floaties are insufficient for non-swimmers. You need to remember that swimmers do not spend as much time at the pool as you do; some rules that you think are extremely clear may be confusing or contradictory to pool patrons. If you feel that you are unable to persuasively convince a swimmer of the importance of a rule, speak with your supervisor and discuss your concerns.

## **Be Rescue Ready**

When a lifeguard does not have the right tools, they cannot be rescue-ready. And when a lifeguard is not rescue ready, the safety of everyone around them can be jeopardized. Being rescue ready, however, requires more than a swimsuit and the right tools.

### ***Key Elements to Being Rescue Ready***

#### **Have the Right Mindset**

Lifeguarding requires incredible amounts of mental strength, which makes it so important for a guard to start each shift with the right mindset. When a lifeguard

is confident in their rescue skills and the lessons learned in certification training, they can approach water surveillance with the right frame of mind.

A lifeguard must also be confident that they are prepared to activate the Emergency Action Plan (EAP), as well as knowing their role during an emergency. Scanning the water is tedious. Making a rescue is stressful. Lifeguarding is physically demanding. For all these reasons, you must always be in the right mindset.

#### **Be Rested and Hydrated**

No matter how good of a lifeguard you might be, you cannot be rescue-ready if you cannot keep your eyes open. Because lifeguarding is so physically and mentally demanding, it is extremely important that all lifeguards are hydrated, rested, and energized. Lifeguards should be given every opportunity to hydrate during shifts and having healthy snacks during break times is recommended.

As a lifeguard, your health and wellness impacts more than just your own well-being. When you are tired you cannot survey the water effectively, and when you are not doing your job, other people are put at unnecessary risk.

## **Preventing Lifeguard Dehydration**

To ensure proper hydration and effective aquatic surveillance, all lifeguards should have fluids constantly available. Either purchase water bottles or require the guards to bring their own for every shift they work.

Standard recommendations for athletes consist of drinking up to 20 ounces of water or sport drink two to three hours before competition, and another 8 to 10 ounces 20 minutes before. While lifeguards may not burn as many calories as a traditional athlete, the need to perform at a higher level over a prolonged period requires similar caution.

To maintain optimum performance, lifeguards need to replace all the fluids they lose while on duty. Lifeguards must hydrate during each of their breaks.

## **Be Dressed to Rescue**

Uniforms are extremely important in many careers that operate around life-or-death situations. Firefighters wear clothes that can withstand hot temperatures. Soldiers wear clothes that provided camouflage or protection from projectiles. Lifeguards, too, are expected to wear clothes that perform a specific purpose.

On-duty lifeguards should always wear a swimsuit or some type of clothing in which they have successfully demonstrated rescue techniques.

## **Scanning Bottom to Top**

Scan your area of responsibility from bottom to top every 10 seconds. Start scanning the bottom of the pool first is the best way to quickly spot a distressed swimmer, and then work up to the surface of the water. Unfortunately, scanning the bottom of the pool can be difficult, so lifeguards need to be prepared to make quick adjustments while on duty.



***Here are a few reasons scanning the bottom of the pool may prove to be difficult.***

***1. Cloudy Water:*** *Cloudy water is quite possible the single greatest hurdle for a lifeguard. If you cannot see the bottom of the pool, how can you be expected to spot a swimmer in distress? If you are not comfortable with the visibility of the water, you must clear the pool immediately.*

***2. Glare:*** *Most lifeguards, especially those that spend much of their time outdoors, have experienced surveillance problems due to glare. Whenever possible, lifeguards should have they are back facing the sun to minimize the effects of glare.*

***3. Wind:*** *Even a slight breeze can cause ripples on the surface of the water. This rippling action may not seem like a problem, but as the photos of the disappearing dummy demonstrate, even a little water disturbance can be a big problem.*

Adhere to all information outlined in the Lifeguard procedures and policies documentation.