



Sample In-Service Training

Actively Scanning the Pool during Rotations

It is extremely important that guards are alert and actively scanning their area of responsibility every 10 seconds. Often times, we see that transition times are when victims go unnoticed, so it is important to practice [DROP drills](#) when lifeguards are transitioning on and off of the pool deck. Remind guards to carefully scan their area of responsibility prior to and following the rotation.

Below we have created a scenario that you can use with your staff during these transition times. Please feel free to print this off and use during your in-service training.

Scenario

One of your frequent members arrives to your pool during open swim. They are a regular and often just walk laps for exercise rather than swimming. As the member approaches the deep end of the pool, they loose their footing and begin to make their way in to deeper water. They struggle to remain above water, and eventually submerge. The lifeguard closest to the area where the member is submerged is currently rotating out of the position and a new guard is rotating in.

- Place a silhouette on the bottom of the pool
- Discuss with the outgoing lifeguard that the silhouette is not for them
- Time how long it takes the incoming guard to identify the silhouette
- Complete a start-to-finish drill of rescuing the member from the deeper water