**Aquatic Safety “If/Then” Statements**

How to Use

1. For each of the statements, we have recommended steps aquatics directors or lifeguards should take if they are faced with these scenarios. Add or adapt these if needed to fit your organization’s policies.
2. Print and cut out the “if/then” statements
3. Fold the slips of paper so the “if” statement is on one side, and the “then” statement is on the other
4. Use these flashcards at your next in-service training to generate discussion with your staff on steps they would take if they were faced with these scenarios

For Aquatics Directors

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| **If you don’t have enough lifeguards to perform swim tests** | Then train other staff members in your organization on how to administer a swim test *or* create set times when the pool is reserved for swim tests only |

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| **If a lifeguard notifies you that there is a blind spot in their area of responsibility** | Then complete a positioning test on the entire area of responsibility. Based on that test, adjust the position or the area to eliminate the blind spot *or* add another lifeguard to scan the blind spot  |

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| **If a lifeguard is unclear on why their position needs to change throughout the day** | Then include the lifeguard in the testing process so that they can understand the pool’s blind spots and reasoning for placement |

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| **If lifeguards do not appear alert or rescue ready** | Then implement daily DROP drills  |

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| **If lifeguards do not appear confident in their skills** | Then implement realistic, hands-on training with real human bodies |

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| **If you don’t have enough money in your budget to add an additional lifeguard** | Then close sections of the water, or alter programming, so that the entire pool can be adequately guarded  |

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| **If a lifeguard doesn’t show up for their shift** | Then reference your area of responsibility maps and determine if/what sections of the pool(s) will need to be closed with one less guard  |

For Lifeguards

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| **If a camper shows up late to camp and misses their swim test** | Then consider them a non-swimmer until they can receive a swim test |

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| **If you see a swimmer in the deep end who is not marked** | Then intervene and ask them to get out of the water until they are marked appropriately or have proper non-swimmer protections in place |

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| **If a camper uses the bathroom and takes off their life jacket** | Then position a staff member near the bathroom to help assist youth with their life jackets before they return to the water |

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| **If a guardian doesn’t want their child to be swim tested** | Then explain your organization’s policy and how it ties to your organization’s mission and don’t bend the rules |

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| **If a guardian is required to be in arm’s reach of their child while in the pool, and that is not happening**  | Then explain your organization’s policy and how it ties to your organization’s mission and reinforce that they need to be in arm’s reach |

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| **If you are guarding your area of responsibility, and discover a blind spot** | Then move your position until you are able to see your entire area of responsibility *or* call for another guard to cover the blind spot |

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| **If an individual is swimming laps underwater and not taking any breaths** | Then intervene, stop the behavior, and remind them that you do not allow breath holding in your water as it is very dangerous and can lead to hypoxic blackout |

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| **If a lap swimmer is suddenly stopped at the edge of the pool, and floating face down** | Then jump in the water immediately and go check to make sure they are okay |