



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **AT POOLSIDE WE PROMISE TO:**

**Constantly scan the pool so that we can recognize swimmers in distress within 10 seconds and provide assistance within an additional 10 seconds.**

**Always be on guard and remain focused on our primary responsibility of protecting lives. Please understand this is why we cannot stop and talk.**

**Always wear a rescue tube, carry a mask and have gloves accessible for use.**

**Correct potential hazards and problems so that you will be safe.**

**Always sit in an elevated lifeguard chair or patrol at the edge of the pool. This enables us to be more aware of visibility issues and rotate our positions accordingly.**

**Attend regular training events to practice our skills and stay on the cutting edge of aquatic safety.**

**Be here for you and  
keep you safe!**

