

The Ten Commandments of a Life Guard

1. A LIFE GUARD IS VIGILANT
 - a. He will not look for glory in credit for rescues made.
 - b. He will protect all patrons from the hazards in his area.
2. A LIFE GUARD WILL PREVENT ACCIDENTS
 - a. He will protect individuals from their own weakness and inabilities.
3. A LIFE GUARD WILL CONDUCT HIMSELF SO AS TO BRING CREDIT TO HIS ORGANIZATION.
 - a. He will never abuse any invested authority.
 - b. He will reflect dignity associated with saving lives.
4. A LIFE GUARD WILL BE A GOOD SUBORDINATE EMPLOYEE
 - a. He will work as a member of the team and welcome supervision.
5. A LIFE GUARD'S APPEARANCE WILL BE A CREDIT TO HIMSELF AND REPRESENTATIVE OF HIS ORGANIZATION
 - a. He will keep his quarters, gear and skills in excellent condition.
- A LIFE GUARD WILL KEEP COOL AND EXERCISE GOOD JUDGEMENT IN EMERGENCIES
 - a. He will always take equipment or a floatation device on a rescue attempt.
7. A LIFE GUARD IS TRUSTWORTHY
 - a. He is prompt in reporting to duty station.
 - b. He maintains constant surveillance
 - c. He never leaves duty station when hazards exist.
8. A LIFE GUARD IS ALWAYS READY
 - a. Condition of "readiness" will be in evidence by constant physical training, practice of skills and use of skills and use of equipment.
9. A LIFE GUARD WILL FEEL THE RESPONSIBILITY OF HIS MISSION
10. A LIFE GUARD WILL BE PROGRESSIVE
 - a. He will constantly seek new and better ways to improve his skills, equipment and profession.

LIFE GUARD TRAINING, PRINCIPLES AND ADMINISTRATION

Conference for National Co-operation in Aquatics.