



WATER WATCHER SELF STUDY

WHO SHOULD TAKE THIS SELF-STUDY: Adults to be trained in basic water rescue equipment and procedures who work under the direction of the lifeguard for any water activity in water above the knee.

MATERIALS NEEDED: This booklet and *Safety Activity Checkpoints* (available at www.gsnnj.org > forms. Put safety activity checkpoints in the search box if it is not listed.)

PROCEDURES:

- ◆ Read this booklet and refer to the following Water Safety Activity Checkpoints: Canoeing, Fishing, Kayaking, Row Boating, Sailing, Swimming, Tubing, Water Skiing, and Windsurfing.
- ◆ Complete the online Water Watcher quiz. Fill out the online registration form and answer the questions online.
- ◆ For use of GSNNJ properties, go to www.gsnnj.org. Click on Camp. Click on reserve camp day/overnight. Click on the camp you are attending (either troop camping or day use). Use the down arrow to activities to reserve the waterfront.

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WATER WATCHER JOB DESCRIPTION

WATER WATCHER:

An adult trained in the use of basic water rescue equipment and procedures who works under the direction of the lifeguard for any water activity in water above the knee, including wading, swimming and boating. Swimming: Safety Activity Checkpoints.

RESPONSIBILITIES:

- ◆ Demonstrate ability to use a reach pole, ring buoy, towel, PFDs, and procedures in loading and unloading boats.
- ◆ Know the signals used by the lifeguard for buddy checks, and the emergency signal for a lost bather.
- ◆ Wear clothing appropriate for the beach (shorts, or bathing suit, windbreaker, sunglasses, visor or hat, whistle, etc.)
- ◆ Stand at the side of the pool, or at the water's edge (or in ankle deep water).
- ◆ Face the participants in the water at all times.
- ◆ Concentrate on the activity in the water (no talking, turning, sitting, etc.)
- ◆ Assist the lifeguard on buddy checks.
- ◆ Know the signs of a distressed swimmer and a drowning situation.

BUDDY CHECK:

- ◆ The buddy check will be called by the lifeguard every 10-15 minutes while the participants are in the water.
- ◆ The lifeguard will sound a buddy check with **two** blasts on a whistle.
- ◆ The participants will buddy up with raised hands and wait to be counted by the water watchers and the lifeguard.
- ◆ The water watcher will turn to give his/her count to the lifeguard.
- ◆ The lifeguard will verify the count with the troop/group leader.
- ◆ If there is a discrepancy in numbers, a second count will take place before an emergency air horn signal is sounded for a LOST SWIMMER.
- ◆ If the count is verified, the buddy check is over with **one** blast of the whistle.

EMERGENCY SIGNAL – LOST SWIMMER:

- ♦ **Two** blasts of the air horn signals an emergency in the water.
- ♦ The water watcher will assist in clearing the water and proceed with a buddy check while the lifeguard is making a rescue save.
- ♦ **One** blast on the air horn signals all clear.

TROOP/GROUP GUIDELINES FOR HIRING LIFEGUARDS

Lifeguards are hired by troops/groups to provide an aquatic experience in water above knee deep. If using the waterfront at a GSNNJ camp, lifeguards are hired by the council when you sign up for using the waterfront.

LIFEGUARD-WATCHER RATIO CHART FOR POOLS

NUMBER OF SWIMMERS	LIFEGUARDS	WATCHERS
1-10	2+*	1
11-25	2+*	2
26-35	2+*	3
36-50	2+*	4

LIFEGUARD-WATCHER RATIO CHART FOR LAKES, SLOW-MOVING STREAMS AND RIVERS

*Lake Rickabear and Glen Spey require a minimum of two lifeguards with Waterfront Lifeguard course for all water activities per 10 swimmers plus. See chart below.

NUMBER OF SWIMMERS	LIFEGUARDS	WATCHERS
1-10	2+*	1
11-20	2+*	2
21-30	3+*	3
31-40	4+*	4

+ Primary lifeguard must be an **adult**.

* May be a person who is under the age of majority for the state in which the activity will take place, but cannot be under 16 years of age.

For swimming activities in lakes, slow-moving streams, and rivers: two adult lifeguards (certified in American Red Cross Lifeguard Training plus Waterfront Lifeguard course or the equivalent) are present for every 10 swimmers, plus one water watcher. When girls are wading in water more than knee-deep, an adult with American Red Cross Basic Water Rescue certification or with documented experience in basic water rescue skills is present. For swimming and wading activities, consult the “Swimming Lifeguards and Watchers Ratios” chart for standards.

Drowning Recognition

It is extremely important that an aquatic professional be able to recognize an emergency situation in progress. Patrons may be in distress or drowning, suffering a medical emergency, or may be injured and in need of assistance, rescue, first aid or emergency medical treatment.

Causes of Drowning

- ◆ Inability to swim
- ◆ Exhaustion, exertion
- ◆ Panic
- ◆ Dangerous marine life
- ◆ Cramps
- ◆ Trauma, head or spinal injury
- ◆ Sudden cardiac emergency
- ◆ Electrocution
- ◆ Shallow water blackout

- ◆ Diabetic coma and loss of consciousness
- ◆ Seizure
- ◆ Electrical shock
- ◆ Hypothermia
- ◆ Entanglement
- ◆ Entrapment
- ◆ Decompression sickness, air embolism
- ◆ Laryngospasm and suffocation (dry drowning)
- ◆ Alcohol or drug intoxication
- ◆ Reaction to contaminated water
- ◆ Suicide
- ◆ Homicide or intentional/unintentional injury

When an emergency occurs, the aquatic **professional** should assess the situation to determine the degree of injury to the patron, whether the situation is life threatening or not, what type of assistance they can safely provide, and whether emergency personnel need to be called.

It is essential that an aquatic **professional** recognize a water emergency while it is occurring, and provide immediate aid. Not recognizing a swimmer in distress, an unconscious person floating on the surface of the water or submerged underwater, or a person who is drowning can lead to permanent disabling injuries or death of the patron. If the water emergency has already progressed to the stage where the person is unconscious and no longer breathing, time is critical. The longer the delays in beginning rescue efforts, the less likely you are to successfully resuscitate without the victim being severely affected. If an open airway is not established for a clinically dead victim, and breathing and circulation are not restored within approximately 4 minutes, biological death and irreversible brain damage will begin to occur. Basic life support procedures must begin within **4 minutes** of breathing cessation.

Distressed swimmers are not drowning but are consciously aware that they are in a dangerous situation and in need of assistance in the water. Behaviors you should look for include a swimmer who is on or just below the water surface in a slightly diagonal position, making often splashy, ineffectual swimming movements with their arms and legs. They may or may not be able to call out for help. If the distressed patron is not able to get themselves out of immediate danger by reaching shallow water, the pool wall, life line or some other means of support, or if rescue assistance is not immediately and readily available, a distress situation may progress to drowning.

Drowning can occur on or below the surface of the water, and in some cases outside the pool / lake itself. Drowning victims may be conscious or unconscious depending on the circumstances which led

to the emergency situation, as well as the stage of the drowning progression. The physiology of drowning varies depending on whether the person drowned in fresh, chlorinated, brackish, polluted or salt water.

Most drownings are "wet" drownings, meaning aspiration of water or other fluids occurred. The victim breathes water into his lungs.

A small percentage of drownings are "dry" drownings. In a dry drowning, the victim involuntarily holds his breath and suffocates, or there is a muscular contraction or spasm of the larynx (muscle and cartilage at the top of the trachea which contains the vocal cords) caused by water droplets hitting the epiglottis (the valve like cartilage behind the tongue) with force, and preventing air from getting into the trachea (air way or windpipe). Dry drowning often occurs when a person enters a pool with force from a height such as from a diving board, or with high velocity such as occurs when sliding down a flume. The dry drowning spasm usually occurs 6 to 10 minutes after water hits the epiglottis, and is accompanied by choking and gagging. The victim may be in the pool when the spasm occurs, or may have left the water.

An unconscious person will usually be face down in the water, initially at the surface but slowly sinking toward the bottom and deepest point in the pool / lake. There will be no noticeable body movements for 10 or more seconds. The body may be either limp or very rigid, and will eventually go into hypoxic convulsions due to lack of oxygen to the brain. Frothing and violent jerking movements may accompany this convulsive stage.

A conscious, actively drowning victim, can ordinarily be recognized by being in a vertical or slightly diagonal body position in the water, with his head back and face looking up, with an "O" shaped mouth, either gasping for air or involuntary holding his breath. He is typically not able to call for help. There's usually very little or no leg movement, but the arms are out toward side of the body, flailing and pushing down on water in an attempt to remain near the surface. The victim is disoriented, and has a surprised look on his face. Eyes are either wide open or squeezed tightly shut. The victim is usually in a neutral or slightly negative position in the water. This surface struggle typically lasts no more than **10 to 20 seconds**, before the victim progresses to other stages of drowning. The length of each drowning stage is dependent on the victim's: age, fitness level, exertion level, and swimming ability, as well as water temperature and whether other complications, such as seizures, shallow water blackout, medical or traumatic injuries are involved.

Drowning Stages (Active Victim)

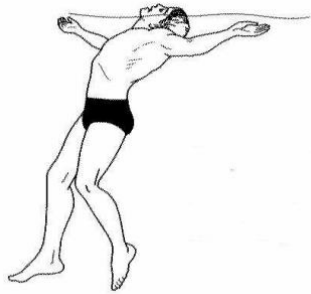
- ◆ Surface struggle (10 - 20 seconds)

- ◆ Involuntary breath holding (30 - 90 seconds)

- ◆ Unconsciousness (60 seconds)
- ◆ Hypoxic convulsions (5 - 10 seconds)
- ◆ Aspiration
- ◆ Clinical death (3 - 4 minutes)
- ◆ Biological death (4 - 6 minutes)

VICTIM RECOGNITION

Tired: Needs Assistance



- ◆ Responsive
- ◆ Will aid in rescue
- ◆ Least urgent

Distress: Needs Assistance



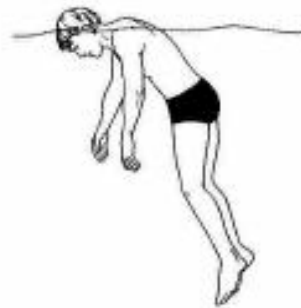
- ◆ May call for help
- ◆ May wave for help
- ◆ Face is out of water

Actively Drowning



- ◆ Eyes closed or wide open
- ◆ Arms extended outward
- ◆ Head tilted back

Passively Drowning



- ◆ Cannot call for help
- ◆ Cannot reach for aid
- ◆ At or near the surface face down

Emergency Response

Examine the accident scene and make sure it is safe to proceed with the rescue.

Primary rescuer:

- ◆ Signal the emergency to notify staff that you are leaving your designated post to provide rescue assistance
- ◆ Enter the water (if necessary), and approach the injured victim
- ◆ Perform the rescue and manage the situation within 20 seconds
- ◆ Bring the injured patron to the pre arranged point on the deck / beach, or if the patron is not in physical danger and cannot be moved, bring the first aid equipment to the victim
- ◆ Provide emergency first aid treatment until relieved by paramedical authorities

Additional Rescuers and/or Water Watchers:

- ◆ Call for help or direct someone to activate the Emergency Medical Service (EMS) by calling 911 from any phone
- ◆ Notify supervisory personnel that an accident has occurred and that assistance is needed
- ◆ Send someone to meet the emergency vehicle and direct EMTs to the accident scene
- ◆ Clear the pool / lake and move all patrons away from the impact zone
- ◆ Provide crowd control
- ◆ Direct relatives or friends of the victim away from the accident site; provide comfort and assurance that the victim is being properly cared for
- ◆ Bring first aid kits or other needed rescue equipment to the pre arranged point on the pool deck or beach
- ◆ Remove all hazards that might hinder the rescue attempt
- ◆ Identify the victim and notify leader
- ◆ Complete an accident report
- ◆ Contact the site manager

Calling for Help in an Emergency

- ◆ Call for help or direct someone to activate the Emergency Medical Services (EMS) by calling 911 from any phone.
- ◆ An emergency telephone should be installed in the area. Or, at least one regular telephone line should be dedicated for emergency use only.
- ◆ Instructions regarding emergency calls should be prominently posted next to the phone, including phone numbers of the nearest fire, police, hospital, physician, and emergency services provider, along with the address and phone number of the facility, directions to the facility and other pertinent information to be conveyed to the 911 operator.
- ◆ When you reach the emergency operator, tell her who you are and the phone number you're calling from. Give the operator the name of the facility and the street address of the pool. Give accurate directions to the facility and mention cross streets and nearby landmarks that might help emergency personnel find the facility.
- ◆ Describe what happened. Describe the victim's condition and what first aid is being provided. Make sure you mention if more than one person is injured.
- ◆ Do not hang up the phone. The operator may need more information, better directions, or may want to convey information from medical personnel. Let the operator know if you are the only person available to speak on the phone, and you must get back to the victim to provide additional first aid.

SHALLOW WATER SEARCH PROCEDURE

1. Line up shoulder to shoulder, interlocking arms, at one end of the swimming area.
2. Look down by your feet, walk in a straight line sweeping your feet forward and out to the side skimming the ground surface.
3. Continue until the lifeguard on duty discontinues the search or the missing swimmer is found.

Rescue Equipment

Certain items of water rescue, safety and first-aid equipment must be available for emergency use at public pools / lakes.

Most rescue equipment needs very little maintenance, but the manufacturer's recommendations for care and cleaning should be followed. The equipment should be inspected daily for wear or breakage, and to make sure it's in good repair. The equipment should not be used for play, or for purposes for which it was not designed or intended. All rescue equipment should be stored so it's immediately accessible and available for use in an emergency.

Safety Equipment That May Be Found at Most Pools / Lakes

- ◆ Ring buoys
- ◆ Rescue tubes
- ◆ Shepherd's crooks
- ◆ Spine board, straps, head immobilizer
- ◆ Lifeguard chairs
- ◆ First-aid kit
- ◆ Biohazard kit
- ◆ Oxygen
- ◆ AED
- ◆ Emergency telephone
- ◆ Fire extinguishers

Rescue Tubes:

Rescue tubes are made of flexible ensolite foam covered with a vinyl skin, usually in red, yellow or international orange. The tubes measure approximately 6 by 3 inches thick, by 40 to 48 inches in length. A polypropylene line or webbed material towline and nylon shoulder strap are attached to the tube at one end. On some tubes, brass or plastic fittings or hooks are attached to the end of the tube opposite the towline so that the tube can be secured around a victim or rescuer, or thrown like a ring buoy. Rescue tubes are very versatile and several methods can be used to rescue a victim using a rescue tube. A rescue tube can also be used to retrieve a submerged victim from the bottom of the pool / lake.

Ring Buoys:

Ring buoys are buoyant 17 to 24 inch diameter donut-shaped floats, usually white or international orange in color, and constructed of foam or other materials that will not rot or become waterlogged. They are sometimes improperly referred to as "lifesavers". A floating polypropylene line, 3/8 to 1/2 inches thick, and of a length at least equal to half the width of the pool at its widest point should be attached to the ring buoy. The line should be neatly coiled and ready for immediate use in an emergency. Ring buoys are only effective when properly and accurately thrown at a conscious, distressed victim who is able to reach for and hold on to the ring while being pulled a short distance to safety.

To correctly throw a ring buoy, loosely hold the coiled heaving line in your left (or non dominant) hand. Place your left foot forward, and over the bitter (loose) end of the heaving line. Grasp the ring buoy in your right (or dominant) hand. Use an underhand throwing motion to toss the ring buoy in a straight line past the victim. Let the heaving line uncoil as you let go of the ring buoy. Pull the line until the ring buoy is within the victim's grasp. If you miss the victim or throw wildly off course, quickly retrieve the line and throw again taking better aim and releasing at the proper time. Using a secure or locking grip, pull the victim toward you to safety.

Extension Poles & Shepherd's Crooks:

Extension poles are usually 12 to 16 feet in length, 1-1/4 inch in diameter, and made of anodized aluminum or fiberglass. The rubber tipped pole is used to extend the rescuer's reach to a struggling, distressed (but not drowning) victim.

Aim the extension pole down into the water and toward the victim's chest. Make sure your stance is wide and your center of gravity is low over the deck so the victim doesn't accidentally pull you into the water when he grabs onto the pole. Use an arm over arm motion on the pole to pull the victim the short distance to the side of the pool and safety.

An extension pole can be made into a shepherd's crook by adding a detachable, blunt ended or rounded hook at one end. The crook is used to grasp a conscious or an unconscious victim floating on or below the surface of the water. Extend the pole attached to the shepherd's crook in the same way you would extend an extension pole. Retrieve the victim by carefully wrapping the hook around the victim's upper body. Use an arm over arm motion on the pole to pull the victim to safety. Be careful not to further injure an unconscious victim by pulling him into the pool wall.

Backboard:

A spine board constructed of coated marine plywood, lightweight plastic with a foam core, or aluminum should be available at each facility. The board should be at least six feet in length, and at least eighteen inches wide. Holes should be spaced every few inches along the length of both sides of

the board in order to provide handholds and a place to secure restraining straps. Runners should be attached to, and run the length of the bottom of the board to make sliding the victim out of the pool easier and smoother and save the rescuers' fingers when placing the weighted board down on the deck.

Rigid cervical collars in the full range of sizes from "thick neck" to "pediatric" should be available if recommended by the local EMS authority and rescuers must be trained and practiced in their use.

A head immobilizer made of thick foam with Velcro attachments and straps is used to help prevent movement of the victim's head and cervical spinal column while secured to the board.

A minimum of six straps for securing victim's body to the board with Velcro attachments or quick release plastic or stainless buckles should be inspected for wear, untangled and stored in a way so that they are ready to use when needed.

First Aid Kit:

A standard cabinet-type 24-unit first aid kit should be located in the waterfront area.

Contents of the first aid kit should be checked daily to make sure the kit is well stocked. Supplies in the kit should be arranged so that the desired item can be found quickly and without handling and contaminating unneeded items.

Biohazard kits, supplemental oxygen, and automatic external defibrillators should also be available.

Federal regulations require that pools have a designated first aid room on the premises. The room should be kept exceptionally clean, be well lit and ventilated, and provide privacy for the victim. The first aid station should be large enough to permit unrestricted movement of both the victim and first aiders, while holding a cot, blankets, small table, two chairs, biohazard bags, sharps container, sink, soap, and first aid supplies. Activities conducted in the room must be permitted by OSHA CFR 29 1910.1030 (no eating, drinking, inserting contacts, applying lip gloss...)

Lifeguard Chairs:

Lifeguard chairs are usually elevated over the pool deck / beach to enable a lifeguard stationed in the chair to see a larger area of the water than possible from deck level. Guarding from an elevated position helps eliminate "blind spots" and permits the guard to better see below the surface of the water. Water watchers do not sit in the lifeguard chairs.

Fire Extinguishers:

BC fire extinguishers should be available on the pool premises and in the pool mechanical room. However, never use the fire extinguisher to attempt to put out pool chemical fires -- chemicals in fire extinguishers may only make things worse.

Even using water to put out a small pool chemical fire is dangerous, because of the fumes. In case of a pool chemical fire, call the fire department **at once**. Trained professionals wearing appropriate protective gear should deal with the fire before it spreads or gets out of control.

Inspect fire extinguishers on a yearly basis, and always recharge them immediately after use.

Selecting Your PFD (Personal Flotation Device)

- ◆ Select a properly sized PFD (U.S Coast Guard Approved).
- ◆ Try on the PFD to see if it fits comfortably snug.
- ◆ Insure all straps, zippers and ties are fastened.
- ◆ Adjust straps so that PFD fits snugly.
- ◆ Raise your arms over your head.
- ◆ Have someone lift your PFD straight up by the shoulders.
- ◆ The PFD should stay in place. If the zipper touches your nose or almost comes off, the PFD is too loose.

- ◆ **The difference between** a lifejacket and personal flotation device (PFD) is that a lifejacket is able to turn an unconscious person face up in the water; a personal flotation device will not do so.
- ◆ When choosing a lifejacket/PFD, the following factors should be taken into account: it should fit snugly but allow freedom of movement of the arms and legs; adult sizes are for adults, children sizes are for children.
- ◆ Another consideration is the activity that will be taking place while wearing the lifejacket/PFD.
- ◆ An inflatable PFD, is not approved for use on personal watercraft or by anyone under 16; pouch type PFDs are only permitted for rowing and paddling, but not for whitewater rafting.

- ◆ Being used as cushions or craft fenders (to keep the boat from bumping the dock) can also damage lifejackets/PFDs.

FACTORS THAT INCREASE THE NUMBER OF GUARDS & WATER WATCHERS

- ◆ # of people
- ◆ ability and disabilities
- ◆ age
- ◆ type of activity
- ◆ type of swimming area
- ◆ weather conditions and water
- ◆ rescue equipment available

Things to think about in a water area:

- ◆ Conditions of the bottom –
 - Does it drop off sharply, is it rocky, and is there a lot of vegetation that a swimmer could get tangled in?
 - Depth – how deep is each area?
- ◆ Currents –how strong are the currents?
- ◆ Water visibility – it is harder to see a person underwater in a lake as opposed to a pool.
- ◆ Undertow or water power – especially important to follow the lifeguard instructions when swimming in an ocean.

BOATING

IMPORTANT: If there are any boats on the water, one lifeguard must remain in the guard chair watching the water while the other lifeguard* and/or water watcher* loads and unloads the boats.

*please see charts on page 3 which are based on number of swimmers.

ROWBOAT:

Water watcher:

- ◆ Sit on dock with one foot on either side of the middle seat of the boat.
- ◆ Hold boat close to dock with hands.
- ◆ Have boaters enter boat one at a time.

Boaters:

- ◆ Do not enter the dock until the lifeguard or water watcher calls you.
- ◆ Walk slowly down the center of the dock.
- ◆ Sit on the edge of the dock.
- ◆ Put feet in boat.
- ◆ Stay low, move slow, keep near center and keep one hand on the seat.
- ◆ Sit in an open seat.
- ◆ Stay seated.
- ◆ Keep your hands in the boat.
- ◆ Always keep your PFD on and fastened.

PEDAL BOAT:

Water watcher:

- ◆ Sit or kneel on dock and hold boat close with hands, feet or both.
- ◆ Have boaters enter the boat one at a time and take the furthest seat.
- ◆ Do not put adults or larger girls in the back seats of pedal boat.
- ◆ Do not overload the boat.
- ◆ When the boat is leaving the dock, make sure the back is not too low in the water.
If it is, call them back to the dock and have one or more people get out.

Boaters:

- ◆ Do not enter the dock until the lifeguard or water watcher calls you.
- ◆ Walk down the center of the dock.
- ◆ Sit on the edge of the dock.
- ◆ Put feet in boat.
- ◆ Stay low, move slow.
- ◆ Sit in the furthest seat.

WATERFRONT RULES AND REGULATIONS

GENERAL INFORMATION:

- ◆ When the beach or pool is open, there will be a minimum of two lifeguards present (see ratio below). **Swimming without a lifeguard is strictly prohibited.**
- ◆ Children must be supervised by adults when on the beach or in the water.
- ◆ Council trained water watchers must be in attendance, with the lifeguards, according to the ratio below.

EMERGENCY PROCEDURES:

- ◆ Any accident or emergency should be reported to the nearest lifeguard.
- ◆ Upon hearing the emergency signal of two blasts of an air horn (or three whistle blasts), please calmly and quietly clear the water.
- ◆ Listen to the lifeguard's directions. Your help may be needed.
- ◆ The lifeguard is available to provide first aid assistance. Troops or groups must also have their first aid kits with them.
- ◆ One blast on the air horn signals all clear.

SWIMMING:

- ◆ A deep-water swimming test must be passed in order to go beyond the roped-off area or to the raft or into the deep end of the pool. Lifeguards will give instructions when asked.

- ◆ Non-swimmers and those who do not pass the swimming test must stay within the roped-off areas of the lake or the shallow end of the pool.
- ◆ Please restrict all beach and water games (i.e.: Frisbee, volleyball, catch) to an area which will not disturb others.
- ◆ Do not throw sand or rocks.
- ◆ The buddy system will be used at all times. Every 10 – 15 minutes there will be a buddy check by lifeguards. At the sound of 2 whistle blasts, the girls buddy up and raise their hands. Water watchers will count the girls then verify the number with the lifeguard who will, in turn, verify the number with the troop/group leader. If the count is wrong, the lifeguard will blow two blasts on the air horn or three blasts on the whistle. All persons shall exit the water and line up with their leader on the beach or the side of the pool. The leader will then count the girls and take attendance to determine who is missing. This information should then be relayed to the head lifeguard.
- ◆ One blast on the air horn signals all clear.

RAFTS:

- ◆ No swimming behind or under the rafts.
- ◆ No diving off the back of the raft.
- ◆ No pushing or horseplay on the raft.

SLIDES:

- ◆ Only one person at a time is allowed on the slide and the ladder.
- ◆ Floatation devices, masks, goggles are not to be worn on the slides.
- ◆ To use the slide, a non-swimmer should have adult supervision and be able to climb the ladder unaided.
- ◆ Be sure the bottom of the slide is clear before going down.
- ◆ No ball playing while on the slide.

ROWBOAT:

- ◆ Each person **must have a PFD on while in the boat.**
- ◆ No more than 5 people maximum allowed in a rowboat. This number could be less depending on size of boaters, boat, etc. The decision is up to the lifeguard on duty.
- ◆ Exit boat properly.
 1. Rower sits on the dock holding the boat with her/his legs.

2. Boaters enter and/or exit one at a time, sitting on the dock first, then kicking legs up onto the dock.

PEDAL BOATS:

- ◆ Each person **must have a PFD on while in the boat.**
- ◆ No more than 2 adults with 1 – 3 children maximum allowed in a pedal boat. This number is usually less depending on the size of the boaters, the boat, etc. The decision is up to the lifeguard on duty.
- ◆ Make sure boat is in trim (level) before leaving the dock.
- ◆ No standing in or rocking the pedal boat.
- ◆ Follow the lifeguard's instructions for entering and exiting the boat. Use the platform or sit on the dock. This should be done one person at a time and slowly.

FISHING:

- ◆ Children under 14 are permitted to fish without a fishing license.
- ◆ Persons over *the age of 14 must have a valid NJ fishing license on them.*
- ◆ *Keep fishing poles off the beach.*
- ◆ No fishing is allowed from the boat docks or in the swimming area or beach.

BOATING:

- ◆ Each person **must have a PFD on while in the boat or on the dock.**
- ◆ A minimum of two qualified adults must supervise boating. One must be a certified lifeguard.
- ◆ The lifeguard and/or **water watcher should review** the proper wearing of a PFD, procedures for entering and exiting boats, general boating rules, actions in case of capsizing the boat (hold onto boat), and actions to take if boaters need help (hold up oar, yell or tell other boaters).
- ◆ Boating is restricted to rowboats and/or pedal boats. Canoes can be used with older swimmers and prior arrangement with the council.
- ◆ Lifeguard and water watcher should demonstrate rowing techniques and changing positions in a rowboat. **NO** changing of positions in a pedal boat unless docked.
- ◆ Boats should remain within the view of the lifeguard.
- ◆ Do not ram into other boats.
- ◆ Boats may only be docked on the boat dock.

- ◆ Horseplay, standing, or intentional tipping of the boats is not permitted.
- ◆ No one is allowed on the boat dock without a lifeguard's permission.
- ◆ Proper boarding and debarking procedures must be used at all times.
- ◆ Discuss with the lifeguard the system for calling in the boats.
- ◆ Two lifeguard/water watcher must watch the water at all times when boats are out while the other helps load and unload boats.

BOATING PROCEDURES:

- ◆ PFD's
- ◆ Rules
- ◆ Load/Unload
- ◆ Emergency Procedures
 - Keep lifejackets on
 - Stay calm
 - Stay in boat
 - Call for HELP!
 - Wait for help
- ◆ Other boats – raft up
- ◆ Join together as group
- ◆ Await instructions

FACTORS AFFECTING BOATING SUPERVISION:

- ◆ # of boats
- ◆ Size of boats
- ◆ Age
- ◆ # of girls
- ◆ Experience level
- ◆ Type of activity
- ◆ Size of water

- ♦ Flat water/white water
- ♦ Other boats

WATER WATCHER RESPONSIBILITIES

1. Stay at edge of water
2. Be alert and active
 - ♦ Never allow yourself to be distracted
3. Watch and stay attentive
 - ♦ Be Alert
 - ♦ Recognize a Victim
4. Must be ready to get wet
 - ♦ Be prepared
 - ♦ Know emergency signals
5. Safety Device in hand
6. Stay at your post until relieved
7. Do not text or talk on your phone
8. **NEVER SIT!!!**

BUDDY CHECK

- ◆ 2 Whistle blasts
- ◆ Swimmers buddy up
- ◆ Water Watcher assist with count
- ◆ Discrepancy – Count again
Lifeguard signals lost swimmer;
assist with search in shallow water
- ◆ If count is verified, check is over

Two (2) air horn blasts signals lost bather

SWIMMING EMERGENCIES

- ◆ 2 Air horn Blasts
- ◆ Lifeguard clears water
- ◆ Watchers: Assist clearing
- ◆ Count girls
- ◆ Remove group from sight of water
- ◆ Await further instructions
- ◆ 1 Air horn blast – all clear

Keep this book and review the contents before each waterfront activity.

Have fun and stay safe!