



**SECTION A**

**THE NEED  
FOR LIFEGUARD  
TRAINING  
IN CANADA**



## SECTION A:

## NEED FOR LIFEGUARD TRAINING

Canadians enjoy a wide variety of water sports throughout all seasons of the year. Lakes, bays, rivers, coastal waters, offer unlimited opportunities for swimming, boating, fishing, outboard, and water skiing, throughout the summer months. Skin and scuba diving is attracting thousands of followers. The tremendous increase in outdoor and indoor pools has exposed many more thousands of Canadians to the recreational and health values to be derived through participation in aquatic activities.

In order that our recreational water facilities may be used to the fullest advantage with safety, many organizations contribute to a constant program of education in water safety for Canadian citizens.

This manual, while acknowledging the tremendous amount of education that has been done, and continues to be done, is intended to develop, systematically, the knowledge, skills, and judgment required by professional lifeguards.

Throughout this manual the term lifeguard is used to designate those persons who, as volunteers or as paid personnel, undertake to safeguard swimmers at a specific area. The lifeguard must be completely water safety conscious. He must be the knowledge of all the potential hazards in and around the water, and how to control them through a program of education and discipline. He must be the knowledge of the latest life saving techniques, and the ability to perform them quickly and well. He must be the perceptiveness that constantly recognizes the danger signals in and around the water, and remains ever alert to prevent accidents or to react quickly to prevent a tragedy.

Throughout this manual we have attempted to cover in detail all of those personal attributes which we consider basic to a good lifeguard. It is impossible, however, to over emphasize the need for physical fitness, vigilance and a continuing programme of specialized training.

The good lifeguard will be recognized and respected by the general public for his keen interest in their welfare, the efficient manner in which he undertakes his duties, and the help he gives to those in need.