

ON GUARD

When you wear the card, you're On Guard.

The ON GUARD Pledge

Whenever a child is in or near the water, designate one or more individuals to be "on guard" watching – ideally, someone with the maturity, and training to recognize and respond to a person in distress. Use the On GUARD card to designate the safety supervisor(s). Pass it to the next adult when called away – or on a rotation basis.

People ON GUARD pledge to maintain constant and vigilant supervision until relieved.



The Lifesaving Society – Canada's lifeguarding experts – works to prevent drowning and water-related injury through its training programs, Water Smart® public education, aquatic safety management, drowning research and lifesaving sport. Annually, 1,000,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

British Columbia and Yukon Territory

Tel: 604.299.5450
Fax: 604.299.5795
Email: info@lifesaving.bc.ca
www.lifesaving.bc.ca

Manitoba

Tel: 204.956.2124
Fax: 204.944.8546
Email: aquatics@lifesaving.mb.ca
www.lifesaving.mb.ca

New Brunswick

Tel: 506.455.5762
Fax: 506.450.7946
Email: info@lifesavingnb.ca
www.lifesavingnb.ca

Newfoundland and Labrador

Tel: 709.576.1953
Fax: 709.738.1475
Email: lifeguard@bellalliant.com
www.lifesavingnl.ca

Alberta and Northwest Territories

Tel: 780.415.1755
Fax: 780.427.9334
Email: experts@lifesaving.org
www.lifesaving.org

Ontario

Tel: 416.490.8844
Fax: 416.490.8766
Email: experts@lifeguarding.com
www.lifesavingsociety.com
www.lifeguarddept.com

Nova Scotia

Tel: 902.425.5450
Fax: 902.425.5606
Email: experts@lifesavingsociety.ns.ca
www.lifesavingsociety/ns.ca

National Office

Tel: 613.746.5694
Fax: 613.746.9929
Email: experts@lifesaving.ca
www.lifesaving.ca

Quebec

Tel: 514.252.3100 or
1.800.265.3093
Fax: 514.254.6232
Email: alerte@sauvetege.qc.ca
www.lifesaving.qc.ca

Prince Edward Island

Tel: 902.368.7757
Fax: 902.368.7757
Email: pei.lifesaving@islandtelecom.com
www.lifesavingpei.ca

Saskatchewan

Tel: 306.780.9255
Fax: 306.780.9498
Email: lifesaving@sasktel.net
www.lifesavingsociety.sk.ca

Swimming is fun and healthy. Let's keep it that way.

Make sure everyone in your family learns to swim.

Drowning is the second leading cause of preventable death for children under 10 years of age. The backyard pool is the number one setting where children under 5 most often drown. Most of these victims are alone – often during a momentary absence or lapse of supervision.

You need to be close by. Drowning is fast. It can take just seconds and occur in inches of water.

Drowning is fast, silent and preventable.

1. Never leave children alone near water.
2. Stay within arms' reach of toddlers and non-swimmers.
3. Stay by the water's edge.
4. Watch every child. Enlist help if needed.
5. Make sure non-swimmers wear lifejackets.

Visit www.lifesavingsociety.com for more information.

You need to be able to scan the entire pool – including the bottom – and be ready to respond quickly.

Watch the face – the eyes are telling. Recruit more ON GUARD supervisors when you have many children or non-swimmers – especially under 5 years of age.

Drowning is silent. Most victims rarely call or wave or signal for help because they can't keep their head or arms above water.