



**East Bay Regional Park District
Lifeguard Service
Swim Group Safety Talk**

Discussion With Group Leader:

- Introduce yourself and welcome them to the facility.
- Fill-out Swim Group Log.**
- GIVE BLUE SAFETY CARD TO GROUP LEADER AND REVIEW IT WITH THEM IN DETAIL.**
- Collect participant waivers for each child swimming if it's a group from a public school.**
- Make sure all chaperone's for the group understand their supervision responsibilities.
- Ask if they have any special needs or rules they would like you to cover in the safety talk.
- Let them know that the lifeguards are available if they need any assistance.
- Any questions? Thank you for your help.

Safety Talk:

- Introduce yourself and welcome them to the facility.
- Can everyone hear me?
- Safety talk ensures that everyone has a safe and enjoyable visit.
- Point out the **FIRST AID STATION** (backer table), **LIFEGUARD CHAIRS, RESTROOMS, SHOWERS, DRINKING FOUNTAINS,** and **VENDING MACHINE/SNACK BAR.**
- Explain **SHALLOW WATER ROPE, CHEST DEEP WATER RULE** (have all kids demonstrate), **OVER-ARM STROKE,** and **SWIM TEST** and **WRIST BAND** policies.
- Let them know that lifeguards will loan them a lifejacket if requested.**
- Review commonly enforced rules:
 - ✓ **FOLLOW THE LIFEGUARDS' INSTRUCTIONS AT ALL TIMES**
 - ✓ **REVIEW SWIM FACILITY HAZARDS:** _____
 - ✓ **NO FLOATS PAST THE SHALLOW WATER ROPE**
 - ✓ **NO THROWING SAND/ROCKS**
 - ✓ **NO ROUGHHOUSING OR DUNKING**
 - ✓ **NO SCUBA MASKS OR SNORKELS**
 - ✓ _____
 - ✓ _____
- Review Swim Break purpose and procedures (if applicable).
- Sun block reminder.
- Please alert a lifeguard if you, or anyone else, needs assistance. Lifeguards are wearing uniforms.**
- Please do not litter. Pick up three pieces of garbage before you leave.
- Any questions?
- Thank you for listening and have a fun day!!