CHECKLIST

Lifeguard communication checklist for rescue coordination

- [ ] Raise both arms overhead and blow three sharp whistle blasts to declare an emergency
- [ ] Acknowledge signals with a raised arm before entering the water
- [ ] Use extended arm to point and guide responders toward the casualty
- [ ] Keep commands to casualties short and repeat them clearly
- [ ] Signal thumbs-up when the casualty is conscious and secured
- [ ] Confirm all team members and casualties are accounted for after the rescue
- [ ] Debrief on communication effectiveness while the incident is fresh