



CHECKLIST

Beach lifeguard fitness checklist

- ☐ Swim continuously without stopping to adjust equipment or rest at the wall

- ☐ Practise bilateral breathing to stay balanced when waves approach from one side

- ☐ Run short intervals on dry sand and recover on the firmer tide line

- ☐ Incorporate pull-ups, rows and grip exercises to build towing and board-handling strength

- ☐ Complete core circuits to protect your lower back during casualty lifts

- ☐ Adjust training intensity by season, building base fitness in winter and sharpening capacity before patrols resume

- ☐ Drink steadily through the day rather than waiting for thirst to signal dehydration

- ☐ Address minor injuries early with rest or professional assessment before they worsen
