



CHECKLIST

Beach lifeguard daily checklist

- ☐ Complete beach assessment before public access opens
- ☐ Conduct systematic zone scanning throughout the shift
- ☐ Intervene early with preventative advice to beachgoers at risk
- ☐ Maintain clear radio communication with team members
- ☐ Respond immediately to distress signals with appropriate rescue technique
- ☐ Deliver first aid and document all incidents thoroughly
- ☐ Rinse and inspect equipment after each shift
- ☐ Brief incoming shift on conditions, hazards and ongoing concerns
- ☐ Complete logs and administrative tasks before leaving