



CHECKLIST

Beach rescue equipment: quick reference for understanding lifeguard responses

- ☐ Look for the bright rescue tube a lifeguard carries when patrolling
- ☐ Alert the nearest lifeguard immediately if you see someone in trouble
- ☐ Keep your eyes on the casualty so you can point out their position
- ☐ Do not enter the water unless you are a strong swimmer
- ☐ Wait for the lifeguard to reach the casualty before offering other help
- ☐ Clear a path on the sand for the guard to bring the person ashore
- ☐ Remember that whistles and hand signals coordinate rescue efforts