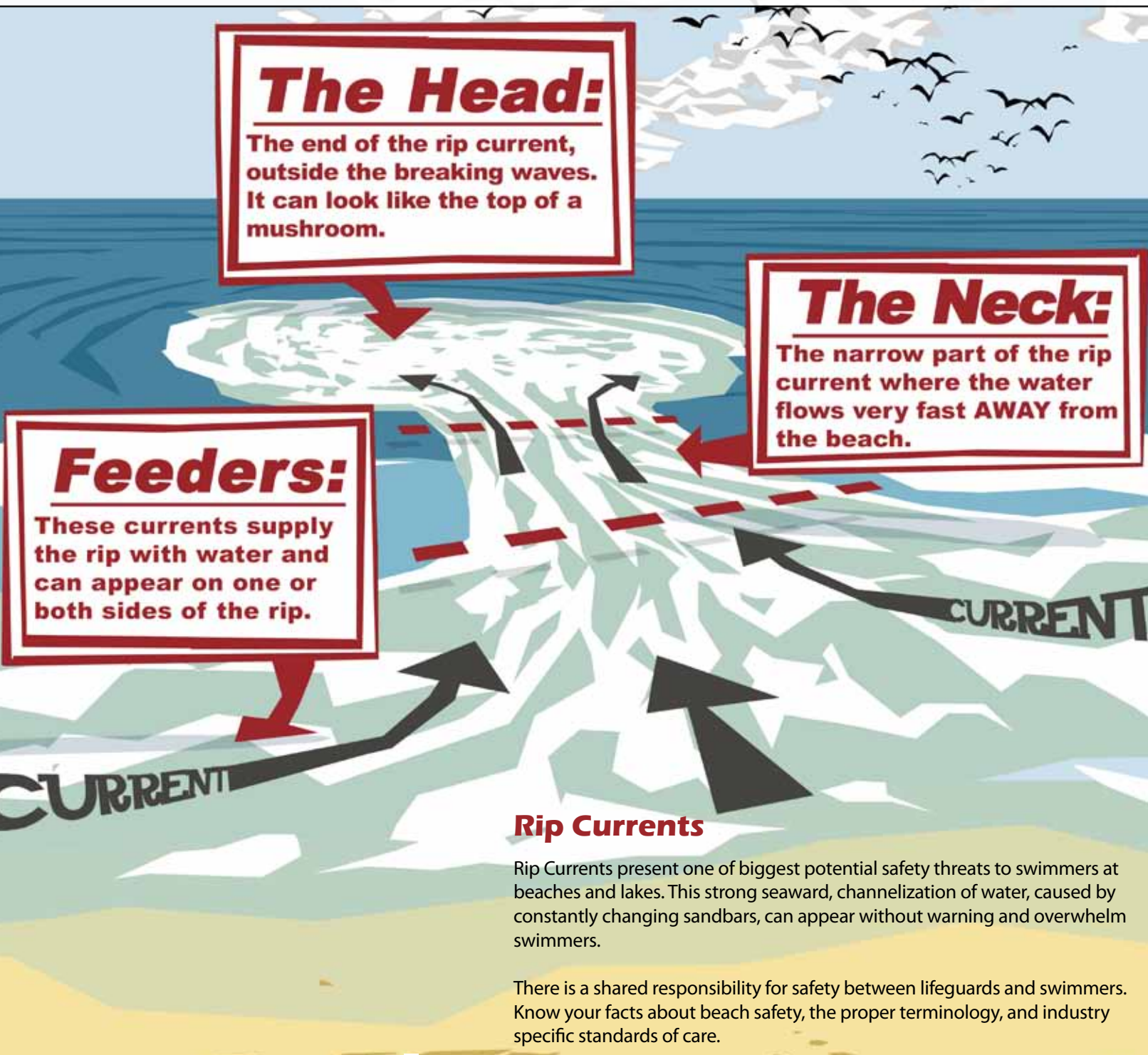


OCEAN / LAKE LIFEGUARDING

In addition to drowning risks associated with swimming pools, the dynamic environments of oceans and lakes include hazards associated with changing tidal and weather conditions. In these dynamic environments, Lifeguards are responsible for ensuring the public's safety through consistent and vigilant monitoring of the waterfront, and active management of patrons.



The Head:

The end of the rip current, outside the breaking waves. It can look like the top of a mushroom.

The Neck:

The narrow part of the rip current where the water flows very fast AWAY from the beach.

Feeders:

These currents supply the rip with water and can appear on one or both sides of the rip.

Rip Currents

Rip Currents present one of the biggest potential safety threats to swimmers at beaches and lakes. This strong seaward, channelization of water, caused by constantly changing sandbars, can appear without warning and overwhelm swimmers.

There is a shared responsibility for safety between lifeguards and swimmers. Know your facts about beach safety, the proper terminology, and industry specific standards of care.