

What lifeguards need to go over with the counselors at their pool

- You must wear a swim suit every day
- When you first come out to the pool, spread out
 - As a lifeguard it is my job to watch the pool, but as a counselor it is your job to help keep the campers safe, so that means you need to watch the pool as well
- When watching the pools, do not lean on the fence or on the step ladder railings, rather stand on or close to the edge of the pool
- When the whistle blows, still watch the pool, campers can slip and fall back into the pool while getting out
 - Also, if a camper needs help getting out, get them out by pulling them up from underneath the armpits, if you grab by the wrists you may dislocate the arms
- During lessons you may get in the pool if you would like
 - If a lifeguard asks you to get in the pool, please help and get in the pool
 - While in the pool during a lesson, make sure you are helping campers, you are supposed to be supporting the lifeguard, not distracting campers
 - Give the campers just enough help to succeed
 - Do not just pull them across the water, rather guide them across the water slowly so that they can really feel like they are swimming
 - Get down on their level so they do not feel like they are being helped by a giant
 - If you want them to blow bubbles, show them how you blow bubbles same for putting their face in
 - Guide them under their armpits if they are on their stomach
 - If they are floating on their back, and need a lot of help use two hands under the armpits, for a little help, use one hand on the back of the head
 - If you are more of a distraction than a help to the campers, you will be asked to get out of the pool
- After lessons, spread out again, it's the same routine as the first free swim
- When the final whistle blows, you may not leave until the class is dismissed