

Lifeguard + University

Emergency Action Plan Activity

To get you thinking about emergency action plans, use the pool you drew during the area coverage activity. On the sheet below, create a sample emergency action plan for that pool including how each lifeguard would respond to an emergency.

You can use the sample emergency action plans as a guide, but you should add very specific steps based on the pool you are using. For example, if the pool you grew up in had a diving well and a rope separated the diving well and the deep end, which lifeguard would disconnect the rope so the victim can be easily swam to the shallow end during a spinal cord injury? Another example may be the specific point a victim would be removed from the water due to certain areas of the deck being too small to remove a victim.