

Pool Lifeguarding handbook

Fourth edition: September 2018 ISBN 978-912633-24-1

Date of update:
October 2018

The following updates have been made to the fourth edition of this handbook.

| Page No | Update comments |
|---------|--|
| 20 | <p>Lifeguard Zone Visibility Test (LZVT) has been updated to:</p> <p>Conduct a LZVT first to establish the fields of view and the likely minimum level of observation. Then consider the required number of lifeguards in a real- life situation, e.g. a leisure pool may have moving water areas that have vegetation and corners obscuring the view for the lifeguards. Consider how best to observe and supervise swimmers in these areas.</p> <p>Lifeguard Zone Cards</p> <p>These cards will outline the zone for a lifeguard and what area they are supervising and can be found in the NOP.</p> |
| 64 | <p>A photo of a 'Backstrap board' has been added to this page to shown as an example of other types of boards.</p> |

End of update

Highfield Products Limited

Highfield Place, Shaw Wood Business Park,
Shaw Wood Way, Wheatley Hills,
Doncaster, DN2 5TB UK

Tel: +44 0845 2260350 +44 01302 363277

Fax: +44 0845 2260360 info@highfield.co.uk

