

Framework for life guarding

Managing Health and Safety in Swimming Pools (the Health and Safety Executive), sets out the minimum number of lifeguards that should be used at any time, e.g.



Lifeguarding at pools				
Length of pool (m)	Width of pool (m)	Pool Area (sq.m.)	Minimum No of lifeguards	Recommended no of lifeguards in busy periods
20	8.5	170	1	2
25	8.5	212.5	1	2
25	10	250	1	2
20	12.5	250	2	2
33.3	12.5	416.25	2	3
50	20	1000	4	6

Other requirements are that lifeguards should be able to scan their zone in 10 seconds and they need to be able to get to an incident in 20 seconds. This is an internationally recognised practice known as 20:10.

Greater explanation of managing the pool including supervising changing facilities, responsibilities of the pool operator, using volunteers, supervising shallow water areas, emergency equipment, child protection, supervision of programmed sessions, safety of people with disabilities and other operational issues can be found at:

<http://www.hse.gov.uk/pubns/books/hsg179.htm>