

AMHERST COLLEGE
Lifeguard Requirements
105 CMR

430.103: Supervision of Specialized High Risk Activities

- There must always be at least 1 Lifeguard for every 25 “near the water”
 - Lifeguards shall not deviate from this requirement

432.100: Swim Test Requirements

- Lifeguards shall conduct a mandatory Swim Test of any person < 18 years of age
 - Swim test is conducted without the use of a Personal Flotation Device (PFD)
 - Swim tests must be documented for each child
 - Non and At-Risk Swimmers shall be confined to swimming areas consistent with their abilities, such as the wading pool

432.130: Personal Flotation Devices (PFD)

- PFD’s shall be provided by the parent, guardian or person with custody of the swimmer
 - Children with PFD shall not enter water without their (personally labeled PFD) and are supervised.
- Lifeguards shall document Swim Tests by name, date and time, including the use of PFD’s

435.13: Walkways and Decks

- Walkways shall be continuous around the pool with a minimum width of four feet of unobstructed clear distance including a curb at the pool edge.
 - Do not permit items to be stored in this area.

435.17: Pool Supervision

- The head (senior) lifeguard should report any problem at, in or around the pool to;
 - Coach Nichols (413) 542-2366
 - Coach DiNardo (413) 542-5630
 - Amherst College Police Department (413) 542-2291 or (413) 542-2111

435.22: Health Regulations; Signs – See signage at Entry

- No person with a communicable disease shall be employed or work at a swimming, wading or special purpose pool.
- No bather shall enter the pool unless he first takes a cleansing shower.
- No bather shall wear a bathing suit that is unclean.
- No person with a fever, cough, cold, inflammation of the eyes, nasal or ear discharges, or any communicable disease shall be allowed the use of the pool.
- No person with sores or other evidence of skin disease, or who is wearing a bandage or medical covering of any kind, shall be allowed the use of the pool.
- No person shall spit in or in any other way contaminate the pool, or its floors, walkways or aisles
- No glass, with the exception of shatterproof light shields, shall be permitted in the pool or on walkways within eight feet of the pool.
- No person shall bring or throw into the pool any object that may in any way carry contamination or endanger the safety of bathers.

435.23: Lifeguards

- All lifeguards while on duty shall wear a red or bright orange bathing suit. Any shirt or jacket worn as an outer garment by a lifeguard shall also be red or bright orange and have the word GUARD printed in 4" lettering on the back
- The Lifeguard shall have whistles and working (tested) bull horns or other appropriate voice amplification devices while on duty.
- All lifeguards shall direct their attention to all persons in their assigned areas while on duty.
 - Lifeguards should occupy elevated seating to give them complete and unobstructed views of persons in their assigned areas.

435.24: Safety Equipment

- Lifeguards shall know the location and how to use Hook, Ring, Rescue Tubes, Backboards / Straps
- Lifeguards shall know how to shut down Pool Filtration System during an emergency

435.25: First Aid and Emergency Communication

- Lifeguards shall inspect (daily) the First Aid Kit and shall report any missing items to;
 - Environmental Health & Safety at (413) 542-8189
 - List of supplies is provided with the First Aid Kit
- Lifeguards shall know the location and how to use all emergency notification equipment, including;
 - Emergency Telephone
 - Bull Horns, which are to be tested daily
 - Whistles

435.34: Closure of the Pool

- The Lifeguard shall immediately close both swimming pools if water does not conform to standards
 - The discharge of blood, fecal matter or vomit are reasons to close the pool
 - Refer to the sheet on closing and cleaning the pool

Thunderstorms

- Lighting Protocols for Pratt Pool
 - The Camp or Program Director should be or designate a "responsible" person to monitor weather conditions.
 - The Senior Lifeguard is the designated for Pratt Pool
 - Designated persons should monitor weather forecasts, from local station or Weather Channel
 - Monitor radar on cell phones
 - Suspension and resumption of athletic activities should be planned in advance.
 - As soon as lightning is visible (phone or site), or Thunder is heard, seek appropriate shelter immediately
 - Do not resume activities until 30 minutes after the last lightning sight or rumble of thunder is heard.