



Associated Member



Standard Operating Procedures

Ocean and Inland Beaches

PORTUGAL

LIFESAVING

Support:



Standard Operating Procedures

This document aims to help the operational performance of lifeguards on Portuguese ocean and inland beaches by defining recommendations for standard procedures. The procedures listed do not nullify those specified in the Lifeguard Technical Manual, being a complementary recommendation to them.

Health

Smoking is not allowed during active lifeguard operations

It is not allowed to drink alcohol during active lifeguard operations and / or uniformed as lifeguard

During lunch break the lifeguard must remove his uniform and wear other personal clothing.

Signalling

The safe zone flags (red and yellow) should be placed near the water line and repositioned with rising and falling tide to mark the safe bathing zone

Hazardous areas must be marked with danger signs

Patrol and Surveillance

There shall be a rotating lifeguard service with one on surveillance and another lifeguard on patrol

Surveillance must be constantly maintained by a lifeguard in a higher position that allows the entire area of responsibility to be observed

Patrol of the area of responsibility must be constantly ensured by a lifeguard, provided with rescue equipment and fins, providing advice to swimmers

There should be a periodic rotation between the lifeguard from surveillance and patrolling to constantly ensure both operations.

During lunch break the focus should be on the vigilance position

Communications

The mobile phone must not be used during working hours except for activation of the emergency authorities and must be permanently at the surveillance post

Communication with bathers should be carried out in a polite, helpful, assertive and accurate manner according to the steps: greeting, giving advice, explaining why, confirming understanding and saying goodbye

Team Leadership

In each daily team of lifeguards it is recommended to appoint a team leader responsible for ensuring the team's operations

The team leader shall be appointed by his or her seniority and profile, or specific training as lifeguard coordinator

Prevention Actions

At the beginning of the service the lifeguard team should carry out a quick check of the service area to clean potentially dangerous objects for bathers

Training

Lifeguards should attend monthly in-service training to maintain technical knowledge and physical skills

Professional Posture

Lifeguards should always maintain a professional posture, taking extreme care in the way they perform their duties, paying particular attention to uniform, posture when sitting, posture when patrolling, communication with bathers, etc.

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Version 1 - 26082019

