The Ten Commandments of a Life Guard

1. A LIFE GUARD IS VIGILANT
   a. He will not look for glory in credit for rescues made.
   b. He will protect all patrons from the hazards in his area.

2. A LIFE GUARD WILL PREVENT ACCIDENTS
   a. He will protect individuals from their own weakness and inabilities.

3. A LIFE GUARD WILL CONDUCT HIMSELF SO AS TO BRING CREDIT TO HIS ORGANIZATION.
   a. He will never abuse any invested authority.
   b. He will reflect dignity associated with saving lives.

4. A LIFE GUARD WILL BE A GOOD SUBORDINATE EMPLOYEE
   a. He will work as a member of the team and welcome supervision.

5. A LIFE GUARD'S APPEARANCE WILL BE A CREDIT TO HIMSELF AND REPRESENTATIVE OF HIS ORGANIZATION
   a. He will keep his quarters, gear and skills in excellent condition.

A LIFE GUARD WILL KEEP COOL AND EXERCISE GOOD JUDGEMENT IN EMERGENCIES
   a. He will always take equipment or a floatation device on a rescue attempt.

7. A LIFE GUARD IS TRUSTWORTHY
   a. He is prompt in reporting to duty station.
   b. He maintains constant surveillance
   c. He never leaves duty station when hazards exist.

8. A LIFE GUARD IS ALWAYS READY
   a. Condition of "readiness" will be in evidence by constant physical training, practice of skills and use of skills and use of equipment.

9. A LIFE GUARD WILL FEEL THE RESPONSIBILITY OF HIS MISSION

10. A LIFE GUARD WILL BE PROGRESSIVE
    a. He will constantly seek new and better ways to improve his skills, equipment and profession.

LIFE GUARD TRAINING, PRINCIPLES AND ADMINISTRATION

Conference for National Co-operation in Aquatics.