**Equipment for Beach, river and Lake Lifeguards**

This equipment list is not a one size fits all. Nor is it a definitive one. The nature and type of equipment deployed at any specific location must be determined based on the characteristics of each specific site.

The decision to deploy or not to deploy any piece of equipment must be made by the organisation responsible for the deployment of lifeguards at any location based on assessment of the level of risk associated with any particular location.

This equipment list describes some of the equipment commonly used by Lifeguards in Ireland.

Lifeguard operators should be adequately equipped and trained for the specific locations.

Two lists are provided:

List A describes the equipment that might be deployed in most Lifeguarding scenarios.

List B describes additional equipment that **might** be deployed if the conditions and location deem it necessary or useful, but additional training would be required for Lifeguards prior to any such deployment.

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| **List a: Standard Equipment recommended for all lifeguard services** |
| Equipment type  | Reason  | Notes  |
| Telephone | To enable contact with the emergency services if required  | The use of Mobile technology will depend on Network coverage at the deployed location. |
| Radio | Provided to allow for direct communications between on duty Lifeguards.  | May not always be required at small locations. If VHF radio is deployed; operators must be appropriately trained and hold the required licence. No Licence required for PMR radios. Batteries must be charged regularly |
| Megaphone/Sirens | Provide immediate public notification of an emergency | Sirens are normally integrated into Handheld Megaphones, Batteries should be checked regularly  |
| Whistles | Provided to allow for Lifeguards to attract the attention of person who may be moving into a dangerous situation  | An agreed list of Whistles signals must be in place per Location and team.  |
| Flexible Rescue Tube  | Provided to allow Lifeguards to give assistance to tired or weak swimmers or those who are unconscious in the water.  | One Tube per Lifeguard  |
| Rigid Rescue Can  | Provided to allow Lifeguards to give assistance to a weak or tired swimmers. | One tube per lifeguard: May be easier to use in rough water.  |
|  Rescue boards | Provide to allow Lifeguards to give assistance to person who are Close to shore but out of reach of rope or short swimming rescue. | Normally one Board per 2 Lifeguard on Duty. |
| Uniform/ Protective Clothing | Provided to allow Lifeguard to operate in all conditions and to be clearly visible. | Hats and wet weather gear. |
| Beach Flags  | Provided to allow lifeguards to clearly identify patrolled area and non-safe periods. | At least 2x Red and yellow flags, at least one red flag, at least two Black and White chequered flags on beaches where surf is likely.  |
| Portable Signs  | Provided to allow Lifeguards to point out movable hazards or new risks. | Signs will vary depending on location, but examples include Dangerous RIPS, or fast currents.  |
| Binoculars | Provided to allow Lifeguards an enhanced view of a person in the water who are distanced from the lifeguard hut. | Weatherproof and at least 7 x50  |
| Blankets | Provided to allow lifeguards to prevent injured persons becoming cold. | At least two foils per location.Foil Blankets are used for hygiene reasons  |
| First Aid Supplies | Provided to allow Lifeguards basic treatment of minor injuries. | Must be resupplied on a scheduled and regular basis  |
| Stretchers | Provided to allow Lifeguards to move an injured person to a safe location. | At least one per location  |
| AED | Provided to allow Lifeguards defibrillation to a person with a cardiac emergency. | At least one per location or located in very close proximity to the Lifeguard hut. |

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| **List B: Additional Equipment dependant on location and conditions. The equipment on this list is very specialised and would not normally be deployed in Ireland.** |
|  Powered Rescue Craft or Jet Ski  | Provided to allow for rescue and recovery of person who are significantly removed from shore. | Deployment only in area where PWC//Jet Ski can be quickly launched.Specific use Training required which must be tailored for the area of deployment. Training also required in the provision of assistance using PWC/Jet Ski, |
| Lifejackets | Provided to users of PWC or Rowing boats to assist with their safety. | One per Crew member of any PWC/Jet Shi or Rowing Boat + additional for any possible persons taken onboard. |
|  Spinal neck collars | Provided to allow Lifeguards to prevent further injury to a person with a suspected neck injury. | At least one per location |
|  Spinal Board | Provided to allow Lifeguards to prevent further injury to a person with a suspected spinal injury. | At least one per location and team training in its use must be carried out on a regular basis  |
| Oxygen | Provided to allow Lifeguards to give emergency oxygen to a person with breathing difficulties. | Specific Training in Oxygen storage and use will be required  |
| Transport vehicle | Provide to allow Lifeguards to move an injured person to a safer location . | Deployment only in area where a transport Vehicle can provide reasonable assistance to Lifeguards. Very location specificSpecific use Training required which must be tailored for the area of deployment. Person using Transport Vehicles in a public location will require appropriate operator’s licence.  |
| Throw lines | Provided to allow Lifeguard to reach a person who is having trouble in the water. | Normally one per location, stored and available at the lifeguard’s hut.More useful in River situations.  |
| Snorkelling equipment | Provided to allow Lifeguard to conduct underwater searching. | One set per location.Specific training required in the use of Snorkelling equipment  |
| Lifejackets | Provided to users of PWC or Rowing boats to assist with their safety. | One per Crew member of any PWC/Jet Shi or Rowing Boat + additional for any possible persons taken onboard. |
| Headgear | Provided to users of PWC or Rowing boats to assist with their safety. | One per Crew member of any PWC/Jet Shi or Rowing Boat + additional for any possible persons taken onboard. |