

INTRODUCTION TO SCANNING

Scanning is the systematic visual observation of the aquatic facility, its patrons and their activities. Lifeguards observe patron behaviour and look for signs that may lead to an emergency. Effective scanning is an integral part of aquatic supervision.

Effective scanning assumes that Lifeguards can see the entire area, they know what they are looking for, and they recognise a potential emergency when they see it.

Effective scanning depends on keen vision, alertness, knowledge of 'what to look for and where to look for it', plus practice in the planned and disciplined use of the eyes. Scanning, like any skill, cannot be acquired by merely reading about it, or by a few moments of training. It can be developed through the discipline of repeated and targeted practice.

For scanning to be effective in an aquatic environment, Lifeguards must:

- be positioned with clear, unobstructed sight lines
- move to counteract patron interference (especially in ground-level supervision)
- compensate for an inability to see below the surface and for the distance they are from patron activity
- practise to develop and improve their perception skills
- know the signs of potential trouble and the characteristic behaviours of those in need of help
- focus on people and what they are doing
- make eye contact whenever possible
- spend less time and attention on patrons who are good swimmers or safely enjoying the water, but still include them in your scanning
- check weaker swimmers more frequently
- look and listen for the unusual
- avoid staring at the same thing - give your eyes a break by focusing momentarily on a distant object, or the horizon
- use your peripheral vision to detect movement
- be careful of conditions that affect visibility, such as glare from the sun, overhead lights, cloudy water or shadows on the water at different times of the day
- avoid turning your back on the area - walk backwards or sideways to avoid loss of eye contact
- scan the bottom of the pool first, then the surface.

SEEING AND OBSERVING

'Seeing' is an involuntary action performed by Lifeguards with normal eyesight, whereas 'observing' is the voluntary action of interpreting what is seen. The essential difference between the two is that when observing, the brain not only records visual impressions but also makes deductions from what is seen.

The Retina

The Retina is the part of the eye which concerns the observer most. The retina is mainly sensitive to movement. The structure of the retina gives rise to two different forms of vision:

- Focused vision
- Unfocused vision.

Focused vision

In order to look at an object the eye must be focused on the object, and when focused on a point, the area of focused vision is very small. Even the smallest object must be scanned (or, more correctly, 'saccaded') to be seen and recognised.

Unfocused vision

When looking at an object in an aquatic environment, although the area of focused vision is small, the area of unfocused vision is large since the field of view of the eye is approximately 180 degrees.

Near the area of focused vision, objects may be seen, however limited detail will be seen and the sensitivity falls off towards the edge of the field of view until finally only movement will be noticed. This is also known as 'seeing out of the corner of the eye'.

Unfocused vision should be developed by Lifeguards to detect possible hazardous situations and will serve to highlight objects not directly associated with the spot that the Lifeguard is observing.



img 12. Lifeguard observing the water

Lifeguard Cheat Guide

H Kauffman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Lifeguard Cheat Guide:

The Top Books of the Year Lifeguard Cheat Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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