

Safe Swim Defense

S upervision (Qualified)
M edical
A bility (Swimming)
L ookout
L ifeguard

B uddy System
A rea (Swimming)
D iscipline

Safety Afloat

S upervision (Qualified)
M edical or Physical Fitness
A bility
P ersonal Flotation Devices

B uddy System
S kill Proficiency

P lanning
E quipment
D iscipline

Order of Rescue Methods

REACH
THROW
ROW
GO
with support as a last resort