

# Beach Rules

Summarized below is the Lifeguard “job description” which encompasses many of the NJ State Department of Health and Senior Services – Rules and Regulations that we will be enforcing.

Also outlined below is the updated NJ State Department of Health and Senior Services---Rules and Regulations for Public Beaches. These rules will be posted at each of the Indian Lake Community Club beaches as well.

Our objective for publishing this information is to ensure that we are all aware of the rules and regulations and to foster a beach environment that is safe, clean and friendly!

# **LIFEGUARD JOB DESCRIPTION AND RESPONSIBILITIES:**

## **Water Safety/First Aid Regulations**

1. Will be certified by an organization recognized by the NJ Dept. of Health and Senior Services for; First Aid and Safety, Lifeguard Training and CPR, must produce a valid card to this effect.
  
2. Observe swimmers, be ready to come to the aid of any swimmer in distress, stop any violation of rules and act on behavior, which endangers the individual and/or others using the area.
  
3. Do not allow distractions to interfere with your observation of swimmers. This includes such things as conversations, fatigue, radios, daydreaming etc.
  
4. Never leave your assigned post without informing another lifeguard or the beach manager or trustee.
  
5. Be certain that all safety and rescue equipment is complete and ready for instant use at all times. This includes first aid equipment.
  
6. There is to be no more than one guard in a chair at any one time.
  
7. Never leave your post until properly relieved, unless there is an emergency.
  
8. Protective gloves must be worn when administering first aid.
  
9. Specific "On Beach" Procedures:
  - Keep eyes on water, scanning back and forth.
  - Note potential problems or poor swimmers and continue monitoring them.
  - Keep an eye on water's edge for small children.

- Do not leave bench unattended while there are swimmers in the water.
- When seeking the attention of any person, make yourself clearly visible and leave no doubt that they know you are speaking to, or signaling to them.

\* Main Beach – one at a time on diving boards, no jumping off side of diving boards, no swimming under raft, no pushing others off raft or walls. Rescue equipment for lifeguard use only. All swimmers 12 and under without adult supervision must pass a swimming test – to raft and back – under own power. Lifeguard will record in logbook; name, date, guard approval.

\*At Clubhouse – no rough play or pushing at swim lanes. In swimming area do not allow rough play, no (small) ball throwing, pushing, splashing near adults, mud or sand throwing.

#### 10. Regulations for Number of Guards “UP”:

- One or more people in the water – guard must be on bench. (Exception – if you are the only guard on you may stand on wall or at water’s edge.)
- One guard up on bench for 15 people; 16 or more people in water – two guards up on bench. (If only two guards are on duty, and number of people in water approaches 30, call beach manager or trustee.
- If number of people in water is below 15 but spread over a wide area, and we have two guards at tag checker’s stand, an extra guard should go up on bench.
- Swim Lanes – all activity in the swim lanes requires an attending lifeguard. The swim lanes will be part of the “on duty” lifeguard’s rotation schedule. The lanes should be used primarily for swimming laps but beginner swimmers are welcome to use the lanes to practice jumping-in and other new techniques that they have learned in their swimming classes. An adult must accompany beginner swimmers. If there are only two lifeguards on duty and there are more than 16 people in the swimming area (not the lanes), the swimming area will be given priority over the lanes by the two guards.

# **Tag Checking and Beach Control Procedures**

1. Monitor who enters and exits beach. Check member for tags, stamp guests, collect money and maintain accurate records! You will be held accountable. Do not leave cash box unattended.

2. Monitor and maintain control of beach. No (small) ball throwing, no throwing sand, no glass bottles, no consumption of alcohol, no putting cigarette butts in sand, no rough house behavior.

\*Main Beach – no ball playing in pavilion (ball playing is allowed beyond last garbage can if no one is in area.)

\*Clubhouse Beach – no throwing of ball against clubhouse.

\*Franklin Beach – no ball playing against bathroom by fountain.

3. Will maintain neat and accurate records of guest tags, injuries, and discipline problems.

## **Work Schedule Procedures**

1. Will work hours as scheduled by the beach manager.

2. Know the schedule and be on time, to work and from break.

3. Come to work prepared – guard shirt, whistle, key, sunscreen, water, food, etc.

4. Will report to duty despite weather conditions unless excused by the beach manager.

# **NJ State Sanitary Codes for Public Recreational Bathing**

## *Bather Rules for Bathing Beaches*

1. Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven days.
2. All children in diapers must wear plastic pants or swim diaper with snug fitting elastic waist and leg bands. Do not wash out soiled diapers in the bathing water.
3. Children should be encouraged to use the restroom before entering the water. Immediately report any “accidents” you observe in the bathing waters to a lifeguard.
4. No animals, except for service animals, shall be allowed in the swimming area.
5. Glass containers shall be prohibited in food and drink areas.
6. Conduct which endangers the safety and comfort of others shall be prohibited.
7. Outdoor bathing shall be prohibited during an electrical storm.

8. Persons suspected of being under the influence of drugs or alcohol shall be prohibited from entering the water.