

*RLSS National Pool Lifeguard
The Lifeguard Questions & Answers Section 3*

1. What does PSOP stand for and what is involved in it?

Pool safety-operating procedures:

Required by law, written after a risk assessment and made up into two Parts.

2. What does NOP stand for and what is involved in it?

Normal operating plan: A detailed description of the day-to-day operation of the pool.

3. What does EAP stand for and what is involved in it?

Emergency action plan: A detailed description of what should be done in an emergency.

4. What sorts of things are in the NOP?

- Details of the facility.
- Potential risk factors.
- Systems of work.
- Dealing with customers.
- First-aid arrangements.
- Lifeguard duties and responsibilities.
- Arrangements for programmed swimming activities.
- Details of alarms systems.
- Arrangements and conditions for hire of the facility.

5. When should the NOP be reviewed?

At least once every six months or after an accident.

6. What must employers do under the management of health and safety at work Reg.1999?

Employers Must:

- Protect the, safety and welfare of their employees at work, and also members of the public using their premises.
- Provide good information, instruction, training and supervision to enable employees to work safely.
- Carry out risk assessment in the workplace.
- Develop pool safety operating procedures.
- Ensure adequate first-aid provisions for employees, provide suitable training as determined by the risk assessment.
- Report serious work related accidents, keep records of reported incidents.
- Undertake a fire safety risk assessment, keep exits clear and unlocked at all times.

7. What must lifeguards do under the management of health and safety at work Reg.1999?

Lifeguards Must:

- Take reasonable care of the health and safety of them selves and other people who may be affected by what they do or don't do.
- Contribute to risk assessments and development of Pool safety operating procedures, be familiar with the procedures and apply them when and where necessary.
- Immediately report any loss of, or obvious defecation any personal protective equipment issued.
- Be familiar with the arrangements for first aid.
- Be familiar with fire safety legislation.
- Be trained to use various types of fire extinguishers and identify their content.

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