



# Standardization of lifeguarding job regulations as a form of drowning prevention

## Authors:

Olga Marques<sup>1</sup>, Nelson Reis, Ana Catarina Queiroga<sup>1,2,3</sup>

<sup>1</sup>IDRA, International Drowning Researchers' Alliance, Kuna, Idaho, USA

<sup>2</sup>EPIUnit, Instituto de Saúde Pública da Universidade do Porto, Portugal

<sup>3</sup>ILS, International Lifesaving Federation, Leuven, Belgium

(olgagaboleiro@gmail.com)



# Who is a lifeguard?

- The Lifeguard is a person who completed professional training and is competent to prevent injuries, rescue those at risk and provide first aid to those in aquatic environments and surroundings.
- The primary responsibility as a LG **is to prevent drowning and other injuries from occurring.**

## Methods:





## Results

- ☐ 69.6% countries have a periodic exam
- ☐ 38.1% countries to do it annually
- ☐ 78.3% of the countries hold separate qualification courses

## Final Remarks

In a region where professional mobility is increasing, ensuring the establishment and implementation of common lifeguarding job regulations and training across European countries is of utmost importance to provide the best service to the communities reducing the burden of drowning and aquatic injuries in the region.