

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

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web l'infection par le virus de l'immunodéficience humaine (VIH) est due à 1 de 2 rétrovirus similaires, le VIH-1 et le VIH-2, qui détruisent les lymphocytes CD4 et perturbent le