

Unit 1 — The Lifesaving Society

Activities, Exercises & Assignments

Reflection

- What does supervision mean to you in an aquatic setting?
- Think of a time you witnessed excellent supervision — what stood out?

Activities

1. Mission Mapping – Read the mission of the Lifesaving Society and write 3 ways it connects to your current role.
2. Safety Lens – Walk through your facility. Note 3 areas where safety depends on active supervision.
3. Case Study – A lifeguard is distracted by a conversation with a friend. As the supervisor, how do you respond?

Assignment

- Write a 1-page response: 'How will I embody the standards of the Lifesaving Society in my role as Supervisor?'