

Unit 5 — Communication

Activities, Exercises & Assignments

Reflection

- Why is clear communication essential in aquatic environments?
- Think of a time poor communication led to confusion or risk. What happened?

Activities

1. Practice delivering 3 safety instructions clearly and concisely.
2. Observe a briefing and note effective and ineffective communication methods.
3. Case Study – A lifeguard misunderstands your directions during an incident. How do you respond?

Assignment

- Design a 5-minute staff meeting agenda focused on communication skills.