













International Life Saving Federation

Lifesaving Equipment Register – Lifesaver

On the following the personal equipment for a Lifesaver-Lifeguard is listed in a sequence, starting with that part of the equipment needed most and to the end of the list that equipment that might be needed on special occasions.

| Picture of the part | Name of the part | Used for which task |
|---|--------------------|--------------------------------------|
|  | Lifeguard Swimsuit | Clothing, recognition as a Lifeguard |
|  | Fins | Superior swimming in rescue action |
|  | Mask | Vision under Water |
|  | Snorkel | Breathing with head under water |
|  | Whistle | To draw attention |

| Picture of the part | Name of the part | Used for which task |
|---|---|---|
|  | <p>Lifeguard T Shirt Lifeguard Vest Lifeguard Polo Shirt Lifeguard Sweatshirt</p> | <p>Clothing, recognition as a Lifeguard</p> |
|  | <p>Lifeguard Shorts</p> | <p>Clothing, recognition as a Lifeguard</p> |
|  | <p>Dinghy Smock</p> | <p>Clothing, recognition as a Lifeguard</p> |
|  | <p>Lifeguard Jogging Bottoms</p> | <p>Clothing, recognition as a Lifeguard</p> |
|  | <p>Lifeguard Wet Suit Shorties</p> | <p>Clothing, recognition as a Lifeguard. Heat insulation in cold water.</p> |
|  | <p>Aqua Shoes</p> | <p>Feet protection on rough surface.</p> |

| Picture of the part | Name of the part | Used for which task |
|---|------------------------|---|
|  | Lifeguard Baseball Cap | Clothing, recognition as a Lifeguard |
|  | Swimming Cap | Clothing, recognition as a Lifeguard |
|  | Goggles | Eye protection from splash water while swimming |
|  | Pocket Mask | Personal resuscitation equipment |

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