

## **Irish Water Safety's guidelines in regard to Pregnant Lifeguards**

- 1) It is up to the lifeguard as to whether and when she notifies her employer, at least early in the pregnancy when it is not obvious. I would encourage her to do so at an early stage so that both she and her manager can plan her work
- 2) There is no reason why a pregnant woman should not continue to undertake lifeguarding duties, at least in the earlier stages, provided that there are no medical complications, and provided that she is still physically able to undertake the duties
- 3) Both she and her employer must be happy that she is physically able to fulfill all her duties, including those of a more physical nature during any rescue
- 4) She should seek advice from her doctor (or the hospital antenatal department) as to when she should no longer undertake lifeguarding duties. This will depend upon any medical complications, as well as the physical limitations of late pregnancy.
- 5) The above guidelines have been kindly created by the Irish Water Safety Honorary Medical Adviser, Dr. Anthony J. Handley.



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Chief Executive