



## The Science of Beach Lifeguarding

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The World Health Organization's recently published *Global Report on Drowning* found that drowning is the third leading cause of unintentional injury death worldwide—making the information presented in this new book an important part of the global effort to reduce this health risk.

Written by leading researchers and academics from around the world, **The Science of Beach Lifeguarding** focuses on the scientific evidence that underpins what is taught to and practised by beach lifeguards. It is the first book to pull together all the different areas involved in beach lifeguarding and evaluate their evidence base.

An accessible and informative reference underpinned by the best current research, the book's key themes cover the context of beach lifeguarding, the physical environment in which lifeguards work, medical aspects, practical lifeguarding techniques, physiological standards for lifeguards, safety education, and future developments in beach lifeguarding.

The book presents groundbreaking work quantifying the scientific rationale behind a universally accepted fitness standard. It supplies an in-depth examination of the risks and hazards associated with the beach environment, including rip currents and cold water immersion.

The book includes a state-of-the-art review of drowning and a comprehensive chapter on first aid. Detailing the recently announced 2015 *European Resuscitation Council Guidelines*, this book is a must-have for beach lifeguards, beach lifeguard managers, search and rescue personnel, paramedics, sports scientists, health and safety practitioners, and occupational health practitioners.

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