United States Lifeguard Standards Coalition
Evidence Review

On the following pages, you will find a primary question (and in some cases ancillary questions), reviewed by the United States Lifeguard Standards Coalition (USLSC), the draft consensus recommendation of the USLSC, and the Scientific Review Forms (usually two) that detail the specific evidence upon which the consensus recommendation was based.

In most cases, for each question, two independent investigators researched existing evidence, including scientific research and other material, related to the question. Each investigator then completed a Scientific Review Form, listing the evidence and an evidence summary. The level and quality of evidence was rated using a standardized evidence evaluation process. The evidence reviewed included, but was not limited to, the following:

a. Population-based studies
b. Epidemiological studies
c. Case-control studies
d. Historic research
e. Case studies
f. Large observational studies
g. Review of past research summaries, and
h. Extrapolations from existing data collected for other purposes

The scientific reviews were presented to the entire USLSC. Each topic was presented, discussed and critiqued by the assembled experts until consensus was reached.

You are invited to comment on this question (as well as the others) and particularly whether you believe that the evidence adequately supports the consensus recommendation. If you are aware of any additional evidence (e.g. scientific research) that was not considered by the Lifeguard Standards Coalition, please list that evidence in your comments. In any comments you choose to make, please be sure to cite the line number, if you are referring to specific wording of the item.

Before commenting, please review the document in full. This includes an initial document, which contains the question or questions investigated and the consensus recommendation. This is followed, in most cases, by two Scientific Review Forms, which list the evidence that was considered in arriving at the consensus recommendation.

Thank you for your time and consideration in reviewing this question. The deadline for comments is December 12, 2009.
AGE

Question
- Is there evidence to support recommending a minimum age for lifeguards?

Introduction
For many years, lifeguard training agencies have had a minimum age requirement (eg, 15-16) to enter lifeguarding programs, and thousands of lifeguards have started in the profession when they were as young as 15 years old. However, no direct research to support this age requirement has been done or provided by any of these agencies, and many aquatic professionals have questioned this age requirement as it relates to required maturity, performance, and safety levels in the lifeguarding profession. Because lifeguarding has become such a specialized field, there may be a need to determine the appropriate minimum age, as well as whether lifeguards have the maturity and ability to handle the level of stress inherent in effectively performing their duties.

Evidence Summary
A literature search was performed using the terms lifeguard maturity, mature lifeguard, age required for lifeguards, immature lifeguards, and age requirements for lifeguards. Databases searched included PubMed Central, OVID, JAMA, EBSCOHOST, BMJ, InjentaConnect, and the lifeguard manuals of several agencies. Age requirements for other professions were also evaluated using the Web sites of the Department of Labor and other agencies.

Various reports, articles, and case studies regarding young adolescents have had several similarities. A pattern of behavior, poor decision making, and perhaps reasoning among young adolescents have led to injuries, as well as to a compromise in their own safety while on a job or in the workplace.

Data on US children younger than 18 years old with acute occupational disinfectant-related illnesses between 1993 and 1998 were collected from the Toxic Exposure Surveillance System and from the California Department of Pesticide Regulation (Brevard et al, 2003). In this study, the incidence of acute occupational disinfectant-related illness was higher among youths 15-17 years old than among adults 25-44 years old (Brevard et al, 2003). Evidence from two observation studies ranging in LOE from 2E through 3bE document that teenagers seem to present various immaturity levels between the ages of 15 and 17 years old. Seven additional studies and resources ranging in LOE from 4E through 5 suggest that perhaps age has nothing to do with levels of performance, and that hiring lifeguards as young as 15 years of age has been accepted by some lifeguard training agencies and aquatic practitioners.

Expert opinion on age requirements for lifeguards is split. Specific scientific studies in maturity levels for lifeguarding that support age requirements are lacking. Guidelines for age requirements for many other disciplines indicate that 18 years of age is widely accepted. Studies on individuals aged 15-17 years old who perform lifeguarding duties in various water environments are needed.

Evidence suggests that the older an adolescent lifeguard is, the more likely that he or she would have the maturity to handle the stress and responsibility required to effectively perform the job. Because research directly associated with the age of lifeguards is lacking, we...
must currently rely on a consensus of experts (International Labor Organization, 1976; US
Department of Labor, 2007).

In summary, evidence from two observational studies (LOE 2E through 3bE) document that
teenagers between the ages of 15 and 17 years old have various levels of maturity/immaturity.
Evidence from two LOE 2E studies document that coping processes and cognitive
performance levels increase with increasing age among adolescents. However, seven
additional studies and resources (LOE 4E through 5) document that perhaps age has nothing
to do with levels of performance, and that hiring lifeguards as young as 15 years of age has
been widely accepted by consensus.

The range of expert opinion and consensus make it difficult for aquatic professionals and
lifeguard agencies to agree on maturity levels as they relate to employing lifeguards as young
as 15 years old. However, expert opinion and consensus from both the US Department of
Labor and the International Labor Organization indicate that the minimum working age for
less hazardous lifeguarding jobs (eg, pool, some water park jobs) should be 15 years of age.

Consensus Recommendation

We recommend a guideline of 15 years old as the minimum age to work lower-stress or
lower risk lifeguarding jobs (eg, pool lifeguarding and some types of water park
guarding), and of 16 years old as the minimum age to work higher-stress or more
demanding lifeguarding jobs (eg, open water, wave pools, etc). We also recommend as an
option that older lifeguards (18 years old and older) be employed whenever feasible,
particularly for more demanding, stressful, or higher-risk guarding jobs (eg, beaches,
open-water lakes, high-use pools, water parks with more demanding features, etc).

Recommendations and Strength

Standards:
Guidelines:
- Individuals performing lower-stress and lower-risk lifeguarding jobs, such as
  pool lifeguarding and some types of water park guarding, should be at least 15
  years old.
- Individuals performing higher-stress and higher-risk lifeguarding jobs, such as
  open water, wave pools, etc, should be at least 16 years old.

Options:
- Lifeguards should be 18 years old or older whenever feasible, particularly for
  more demanding, stressful, or risky guarding jobs (eg, beaches, open-water lakes,
  high-use pools, water parks with more demanding features, etc).

No Recommendations:
Unites States Lifeguarding Standard Coalition
Scientific Review Form

Author: Peter Davis
Organization Representing: USLA

Question: Lifeguard Minimum Age
Date Submitted: 10-21-07

Question and Sub-Questions:
This should include the major question originally planned and any changes which occurred during the review process. Please also list any original sub-questions and the changes and those added during the review process.

Is there evidence to support recommending a minimum age for lifeguards?

Introduction/Background:
Provide any relevant background on the subject and the need to address this question.

Many groups concerned with Lifeguarding and lifeguard effectiveness have grappled with the question of what a minimum age requirement should be for lifeguards. Up to this point most have followed whatever their national and regional guidelines or laws dictate. Since Lifeguarding has become such a specialized field there may be a need to determine what the minimum age is where the majority of lifeguards have the maturity and ability to handle stress needed to effectively perform their duties.

Evidence Identification and Review
List the approach to gathering evidence. This should include any electronic databases searched with the terms used and numbers of articles found and reviewed. Also list any reports, prior evidence reviews, analyzed and/or position papers evaluated.

I searched the following data bases with the terms “lifeguard minimum age”, “stress minimum age”, “minimum age”, “employment minimum age”, “workers minimum age”, “public safety minimum age”, “public safety age requirement”:

1. Pub Med
2. Google
3. Academic Search Complete (EBCSCO)
4. Business and Source Premier
5. Health and Wellness Resource Academic Center
The following reports and articles were found which were found to be relevant:

1. United States of America Federal Government Department of Labor [http://www.regulations.gov](http://www.regulations.gov), Sec. 570. **Proposed Regulation.** 34 Occupations that may be performed by minors 14 and 15 years of age.


**Summary of Key Articles/Literature/Reports/Data Found and Level of Evidence**

*(Please fill in the following table for articles that were used to create your recommendations and/or guidelines)*

<table>
<thead>
<tr>
<th>Author(s) and Year published</th>
<th>Full reference</th>
<th>Summary of Article (if abstract available, first past abstract and then provide your summary)</th>
<th>Level of Evidence (Using table below)</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States of America Federal Government Department of Labor (2007)</td>
<td><a href="http://www.regulations.gov">http://www.regulations.gov</a>, Sec. 570. Proposed Regulation.34 Occupations that may be performed by minors 14 and 15 years of age.</td>
<td>The Department of Labor is proposing to include in their regulations that the employment of 15-year-olds (but not 14-year-olds) to perform permitted lifeguard duties at traditional swimming pools and water amusement parks be permitted. Would not include open water environments.</td>
<td>Level 5</td>
</tr>
<tr>
<td>International Labor Organization (1976)</td>
<td>General Conference of the International Labor Organization, 58th session, June 19, 1976 (#138).</td>
<td>The minimum age to work is 15 years. For developing nations it can be 14. For work that may “jeopardize the health, safety or morals of young persons” can not be less than 18 years.</td>
<td>Level 5</td>
</tr>
<tr>
<td>Developmental Neuropsychology, Lawrence Erlbaum Associates, Inc. (2005)</td>
<td>Developmental Neuropsychology, 28(1), 473-492, Cognitive Performance Differentiates Selected Aspects of Psychosocial Maturity in Adolescence, by Nancy L. Galambos, Stuart MacDonald, Corey Naphtali, Anna-Lisa Cohen, and Cindy M. de Frias.</td>
<td>This study explores the possibility of links between cognitive performance in adolescents and their psychosocial maturity. While there is a wide range in maturity levels in adolescents of the 10-17 year old age range, cognitive performance seems to be linked to age. If we assume that people in this age range mature with age, it appears that the older a subject is, the more likely he/she will have a greater level of maturity.</td>
<td>Level 2</td>
</tr>
<tr>
<td>Journal of Leisure Research, National Recreation and Park Association (2007)</td>
<td>Vol 39, No. 3, pp. 393-412, Adolescent Playfulness, Stress Perception, Coping and Well Being. Marianne B. Staemplfli, University</td>
<td>Targeting an age group of 12-19, it appears that as adolescents get older they tend to increase their use of internal coping processes when faced with daily stressors, thereby handling stress better.</td>
<td>Level 2</td>
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</tbody>
</table>
Since Lifeguarding is a comparatively stressful job, and adolescents handle stress better as they get older, it follows that older lifeguards (at least up to 19 compared to younger ages) would be more effective.

<table>
<thead>
<tr>
<th>Level of Evidence</th>
<th>Criteria</th>
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<tbody>
<tr>
<td>Level 1a</td>
<td>Population based studies, randomized prospective studies</td>
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<tr>
<td>Level 1b</td>
<td>Large non-population based epidemiological studies, meta-analysis or small randomized prospective studies</td>
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<tr>
<td>Level 2</td>
<td>Prospective Studies which can include, controlled, non-randomized, epidemiological, cohort or case-control studies</td>
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<tr>
<td>Level 3a</td>
<td>Historic which can include epidemiological, non-randomized, cohort or case-control studies</td>
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<td>Level 3b</td>
<td>Case series: subjects compiled in serial fashion without control group, convenience sample, epidemiological studies, observational studies</td>
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<tr>
<td>Level 3c</td>
<td>Mannequin, animal studies or mechanical model studies</td>
</tr>
<tr>
<td>Level 4</td>
<td>Peer-reviewed works which include state of the art articles, review articles, organizational statements or guidelines, editorials, or consensus statements</td>
</tr>
<tr>
<td>Level 5</td>
<td>Non-peer reviewed published opinions, such as textbooks, official organizational publications, guidelines and policy statements and consensus statements</td>
</tr>
<tr>
<td>Level 6</td>
<td>Common practices accepted before evidence-based guidelines or common sense</td>
</tr>
<tr>
<td>Level 1-6E</td>
<td>Extrapolations from evidence which is for other purposes, theoretical analyses which is on-point with question being asked. Modifier E applied because extrapolated but ranked based on type of study.</td>
</tr>
</tbody>
</table>
## Summary Table of Evidence

Place all the evidence listed in the previous sections in one of the following three columns using the follow approach:

1. Place each article or report in one of the columns and in its own row
2. List articles with highest level of evidence first
3. In box place name of lead author and in parenthesis year published
4. In addition in each box put a one to two sentence summary of how the article either support, opposes or has no position with regard to the question(s)

<table>
<thead>
<tr>
<th>Supportive of Recommendation</th>
<th>Opposing Recommendation</th>
<th>No Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States of America Federal Government Department of Labor (2007) Recommend that 15 year olds can work pools or water parks, but not beaches or other open water environments.</td>
<td></td>
<td>Nancy Galambos (2007) No direct position on lifeguard age, but does suggest that a 17 year old is more likely be more psychologically mature than a 16 year old, a 16yo more mature than a 15 yo, etc.</td>
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<tr>
<td></td>
<td>International Labor Organization (1976) Guidelines indicate that a high risk job would require a worker to be 18 or over, but for a normal job the worker should be at least 15 in developing countries and 14 in the developing world.</td>
<td>Marianne B. Staemplfli (2007) No direct position on lifeguard age, but does suggest that a 19 year old handles daily stress better than an 18yo, an 18yo better than a 17yo, etc.</td>
</tr>
</tbody>
</table>

## Textual Summary of Evidence:
Please provide a textual summary of the all of the evidence reviewed and explain in detail how these lead to the guidelines, recommendations and/or options which you are proposing

Overall it looks as if the older an adolescent lifeguard is the more likely that he/she would have the maturity to handle the stress and responsibility of a job like lifesaving. Due to the lack of available research directly associated with the age of lifeguards, it seems we must rely on a consensus of experts (US Department of Labor, International Labor Organization). Given the available evidence, my recommendation is that the standard be a minimum of 15 for low stress pool or water park guarding and 16 for more demanding environments, such as wave pools or open water environments. It should, however, be recommended that where feasible, preference should be given to older lifeguards. This recommendation should be included in the standard.
There is expert opinion and consensus from both US Department of Labor and the International Labor Organization that the minimum working age for less hazardous Lifeguarding jobs (pool, some water park jobs) should be 15 years of age. This is the same age that the American Red Cross and the YMCA use.

Therefore, it is recommended that it be accepted as a guideline that the minimum age to work lower stress and lower risk Lifeguarding jobs, such as pool Lifeguarding and some types of water park guarding, should be 15 years. Minimum age to work higher stress/risk Lifeguarding jobs such as open water guarding, wave pool guarding, etc., should be a minimum of 16 years of age.

It is also recommended that as an option a recommendation should be made to use older lifeguards (18 and up) whenever feasible, particularly for more demanding, stressful, or risky guarding (beaches, open water lakes, high use pools, water parks with more demanding features, etc.).

**Guidelines:** Minimum age to work lower stress and lower risk Lifeguarding jobs, such as pool Lifeguarding and some types of water park guarding, should be 15 years. Minimum age to work higher stress/risk Lifeguarding jobs such as open water guarding, wave pool guarding, etc., should be a minimum of 16 years of age.

**Options:** A recommendation should be made to use older lifeguards (18 and up) whenever feasible, particularly for more demanding, stressful, or risky guarding (beaches, open water lakes, high use pools, water parks with more demanding features, etc.).
| **Standard** | A standard in favor of a particular action is made when the anticipated benefits of the recommended intervention clearly exceed the harms and the quality of the supporting evidence is excellent. In some clearly identified circumstances, strong recommendation standards may be made when high-quality evidence is impossible to obtain and the anticipated benefits strongly outweigh the harms. | One should follow a strong recommendation unless a clear and compelling rationale for an alternative approach is present. |
| **Guideline** | A guideline in favor of a particular action is made when the anticipated benefits exceed the harms but the quality of evidence is not as strong. Again, in some clearly identified circumstances, recommendations may be made when high quality evidence is impossible to obtain but the anticipated benefits outweigh the harms. | One would be prudent to follow a recommendation but should remain alert to new information. |
| **Option** | Options define courses that may be taken when either the quality of evidence is suspect or, level and volume of evidence is small or carefully performed studies have shown little clear advantage to one approach over another. | One should consider the option in their decision-making. |
| **No recommendation** | No recommendation indicates that there is a lack of pertinent evidence and that the anticipated balance of benefits and harms is presently unclear. | One should be alert to new published evidence that clarifies the balance of benefit versus harm. |

**Attach Any Lists, Tables or Summaries Created As Part Of This Review**

(Please include any tables, lists of items or procedures and tables which you created as part of the review that would be helpful for final analysis or publication in the final document)
Question and Sub-Questions:
This should include the major question originally planned and any changes which occurred during the review process. Please also list any original sub-questions and the changes and those added during the review process.

Is there evidence to support recommending a minimum age for lifeguards?

Sub-questions:
Should there be better control and accountability towards the supervisor of the lifeguard?

Introduction/Background:
Provide any relevant background on the subject and the need to address this question.

When drowning occurs at a guard facility the age is almost certainly brought up. The discussion “is an age related problem” or “lack of management and prevention skills in place” In recent years more and more complaints about the quality of life guards are becoming the topic of conversation. Aquatic facilities are experiencing the lack of professionalism, to the lack of respect for the position. This has lead to discussions of what age should a life guard be in order to follow through with the intense and possibly stressful job. We know from years of experience that the young people can learn how to be a life guard and they can pass the water, safety skills and the exam. But we still question if the age most aquatic facilities hire is too young to handle that one time tragedy.

Evidence Identification and Review
List the approach to gathering evidence. This should include any electronic databases searched with the terms used and numbers of articles found and reviewed. Also list any reports, prior evidence reviews, analyzed and/or position papers evaluated.

Since I found no scientific research that has been completed on this topic I decided to search the medical field on the development of the brain of the teenagers.
The literature review included the following databases:

1. Institute for Work & Health, Toronto, Ontario
2. Department of the Army Headquarters
3. U.S. Department of Labor
4. FRONTLINE2002 Interview with Debra Yurgelun-Todd
5. FRONTLINE 2002 Interview with Jay Giedd National Institute of Mental Health
6. FRONTLINE 2002
Summary Table of Evidence

Place all the evidence listed in the previous sections in one of the following three columns using the follow approach:

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<tr>
<td>Interview with Deborah Yurgelun-Todd is director of neuropsychology and cognitive neuroimaging at McLean Hospital in Belont, Mass. She suggests teenagers aren’t thinking through the...</td>
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| FRONTLINE 2002      | Interview with Jay Giedd  
|                    | National Institute of Mental Health  
|                    | it's not that the teens are stupid or incapable of [things]. It's sort of unfair to expect them to have adult levels of organizational skills or decision making before their brain is finished being built.  
| Inside the Teen’s Brain | Dr. Jay Giedd Nature, Volume 404, March 9, 2000  
|                    | As the prefrontal cortex matures, teenagers can reason better, develop more control over impulses and make judgments better.  
|                    | If a teen is doing music or sports or academics, those are the cells and connections that will be hardwired. If they're lying on the couch or playing video games or MTV, those are the cells and connections that are going to survive."  
| The Effects of Age and Physique on Continuous-Work Capacity | Age and physique are two characteristics which are often used in industry for assigning men to jobs, particularly to jobs involving muscular effort. However, the data reported in the literature are conflicting or insufficient regarding the effects of age and physiques on the capacity of men for performing muscular work continuously.  
|                    | Nancy L. Galambos – University of Alberta, Canada  
|                    | Results suggest that there may be considerable intellectual advantages for the mature adolescents compared to the pseudomature adolescents.  
| | |
There are still many questions that remain to be answered. Among these questions is how cognitive and psychosocial functioning develop in tandem across the period of adolescence.

Journal of Leisure Research
2007 Vol 39, No 3, pp 393-412

Adolescent Playfulness, Stress Perception, Coping and Well Being
It does seem that hiring an adolescent closer to 18 would be beneficial but must take into account that not all 18 year olds or even thirty year olds are psychologically mature.

The author states: there are some sixteen year olds that are more psychologically mature than adolescents older than them, but in general they have not developed or master their skills.

Institute for Work & Health, Toronto, Ontario: To investigate the severity of work injuries across age groups. Youth are not as serious as injuries sustained by adults. Nevertheless, there was evidence that some young workers sustain injuries that have long term consequences.

Department of the Army
Headquarters, United States Army

Due to the inherent high risk involved with the operation of swimming pools and aquatic

Department of the Army
Headquarters, United States Army

Requirements for Issuing Waivers to Lifeguard Minimum Age. Installation commanders
facilities, TRADOC regulations require lifeguards to be at least 18 years of age. However, on a case-by-case basis, persons age 15 through 17 may possess the required maturity to perform this function. Prior work experience or similar evidence of suitability may demonstrate this maturity.

US Department of Labor
Teen workers can be an asset to your workforce. They are enthusiastic and eager to learn however because of their biologic, social, and economic characteristics, young workers have unique and substantial risks for work-related injuries and illnesses. On-the-job injuries to teens can be costly, even deadly.

FRONTLINE 2002
Interview with Jay Giedd National Institute of Mental Health
... I think that [in the teen years, this] part of the brain that is helping organization, planning and strategizing is not done being built yet..

Aquatic Organizations/Agency

The Effects of Age and Physique on Continuous-Work Capacity

The data reported in the literature are conflicting or insufficient regarding the effects of age and physiques on the capacity of men for performing muscular work continuously, ie. Continuous w
Textual Summary of Evidence:

Please provide a textual summary of the all of the evidence reviewed and explain in detail how these lead to the guidelines, recommendations and/or options which you are proposing.

Is there evidence to support recommending a minimum age for lifeguards?

There is not much written to support or oppose this question. Much will have to be extrapolated from other related fields. The Institute of Work/Health in Toronto, Ontario conducted a research that to see if adolescents were more at risk than adults on a job. Evidence showed that work injuries sustained by youth are not as serious as injuries sustained by adults. Nevertheless, there was evidence that some young workers sustain injuries that have long term consequences.

In January 2000 The Training and Doctrine regulations of The Department of Army in Fort Monroe, Virginia, updated policies and procedures affecting the implementation of the TRADOC Commander's Safety Program. Regulations require lifeguards to be at least 18 years of age. However, on a case-by-case basis, persons age 15 through 17 may possess the required maturity to perform this function. The army states there are other assessments to be made besides qualifying by age to be a lifeguard.

The US Department of Labor follows the safety and health of teens on the job site. As there are high rates of injuries to teens it is believed that teens can be an asset to the workforce. To help the teens adjust to the workforce it is suggested to provide appropriate supervisors, stress safety, and routinely verify teens are using safe work practices.

The interview with Deborah Yurgelun-Todd, director of neuropsychology and cognitive neuroimaging at McLean Hospital in Belont, Mass shows us that teens brains work differently that adults when processing emotional information from external stimuli. So when teens look at a face that an adult sees fear that teen might not register seeing fear. That means teens reading external visual cues differently, or they’re looking at affect differently. Interesting enough there is even a difference between boys and girls.

Jay Giedd of the National Institute of Mental Health - Giedd believes the frontal lobe which is for organizing and planning is not finished developing yet in a teen. He believes it is unfair to expect them to have adult levels of organizational skills or decision making before their brain is finished being built. ...

Jay Giedd Inside the teen’s Brain - what teens do during their adolescent years -- whether it's playing sports or playing video games -- can affect how their brains develop. the brain appeared to be growing again just before puberty. However knowing more about the structure of the brain does not necessarily tell us more about the function of the brain. It is a good hypothesis that if a particular structure is still immature, the functions it governs will show immaturity. Thus, there is fairly widespread agreement that adolescents take more risks at least partly because they
have an immature frontal cortex, because this is the area of the brain that takes a second look at something and reasons about a particular behavior.

Aquatic International – Matter of Maturity – Experienced aquatic specialist against science. Through experience they have found out it is just not about age. To hire the right person for a lifeguard position it takes interviewing the whole person. Just because a person can swim they still might be right for the job. The science says hiring an 18 over a 15 year is probably the way to go. This shows the need for some strict guidelines and maybe some accountability methods put into place.

Aquatic Agencies – Current agencies seem to vary with age. But most agree to hire you need to know more about the person than just their age.

The Effects of Age and Physique on Continuous-Work Capacity – Age and physique are two characteristics that are used to assign men to jobs, particularly jobs involving muscular effort. The ages of the men were between 25 – 35 and 45 – 60 for the test. The results supported the age hypothesis. The physique hypothesis, however, was supported only by the results of the younger group of subjects. After reviewing the abstract this study really did not provide the information needed.

Cognitive Performance Differentiates Selected Aspects of Psychosocial Maturity in Adolescence The study examined relations between adolescents’ cognitive performance and psychosocial maturity. Forty-eight adolescents in Grades 9 and 12 were measured on intelligence, executive functioning and psychosocial maturity. 17 year olds over 16 year old and 16 year old over 15 years can function better. But again they caution us to not just to look at age.

Adolescent Playfulness, Stress Perception, Coping and Well Being - It does seem that hiring a adolescent closer to 18 would be beneficial but must take into account that not all 18 year olds or even thirty year olds are psychologically mature. The studied showed there is a wide range of psychological maturity among adolescents.

**Preliminary Guideline Document Section:**
Place your suggested recommendations into one or more of the three categories listed below and then briefly summarize the issue, your overall recommendations including answers to the question which was addressed as we should included it in the final document

**Recommendations and Strength (using table below):**

**Standards:**

**Guidelines:** I believe there is enough evidence to have a guideline for a minimum age for lifeguards. I would also recommend classifying the different types of lifeguard’s
position. For example: The less stressful the younger the age (15), the more possible stress the older person for the position.

**Options:**

**No Recommendations:**

<table>
<thead>
<tr>
<th>Guideline Definitions for Evidence-Based Statements</th>
</tr>
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<tbody>
<tr>
<td><strong>Statement</strong></td>
</tr>
<tr>
<td>Standard</td>
</tr>
<tr>
<td>Guideline</td>
</tr>
<tr>
<td>Option</td>
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**Attach Any Lists, Tables or Summaries Created As Part Of This Review**

*(Please include any tables, lists of items or procedures and tables which you created as part of the review that would be helpful for final analysis or publication in the final document)*