

The **Complex** Quadriplex of Lifeguard Blindness[®]



External Distractions

- RID Factor
- Everyone is faced with external distractions.
- Secondary Duties
- Cell phone
- Socialization



Internal Noise

- Thoughts and emotions that every human experiences cognitively/physiologically.
- Can distract people from seeing, even when their eyes are on the water
 - Difficult to manage



Physical Body Blindness

Factors that physically disguise a body under the water. Three R's:

- Reflection
- Refraction
- Ripple Effect



Cognitive Body Blindness

People don't see what they don't want/expect to see.

- Denial
- Disbelief
- Delay

