
Ellis and Associates Lifeguard Training

1. **Professional Aspects:**
 - * **Punctual** - Arrive at work ahead of time.
 - * **In proper uniform** - Look neat, clean, and easily identifiable as a lifeguard (shirt, hat/visor, sunglasses).
 - * **Prepared** - Have the items you need to do the job (whistle, hydration, sun protection, etc.).
 - * **Pleasant** - Act cordially to guests and coworkers at all times; smile :).
 - * **Attentive** - Keep your eyes on the zone of protection and avoid distractions.
 - * **Vigilant** - Maintain your lifeguarding skills at peak performance level (test-ready).
 - * **Knowledgeable** - Know and enforce the facility rules.
2. **10/20 protection standard rule:** 10 seconds to see it and 20 seconds to get to the scene
3. **Distress:** Patron who is having trouble
4. **Areas of danger:**
 - Glare
 - Shadows
 - Exits

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