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# 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

# Ellis And Associates Study Guide Answer Key

**LP Steffe**



## **Ellis And Associates Study Guide Answer Key:**

## **Ellis And Associates Study Guide Answer Key** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Ellis And Associates Study Guide Answer Key**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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