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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 Lifeguard Training Answers

**Council for National Cooperation in  
Aquatics Staff, Gordon T. Howes**

## **Ellis And Associates Lifeguard Training Answers:**

Funworld ,1996      **Subject Guide to Books in Print** ,1991      *Whitaker's Books in Print* ,1998      **Study of Skill Competency Perception with New and Recently Certified/licensed Lifeguards Through Either the American Red Cross Or Jeff Ellis and Associates Lifeguard Training Programs** Jennifer Megan Colvin,2003      National Pool and Waterpark Lifeguard Training National Safety Council,2000-12 This text presents lifeguarding skills that participants will learn in Ellis Associates National Pool and Waterpark Lifeguard Training Program integrating CPR first aid AED and oxygen administration into one curriculum Step by step instructions and guidelines are given for rescuing drowning      International Lifeguard Training Program Ellis & Associates,2006-04 Lifeguarding is a challenging and rewarding job As a lifeguard you are responsible for the safety and welfare of your guests in an aquatic facility It is critical that you learn lifesaving skills the right way Ellis Associates International Lifeguard Training Program ILTP tm provides the highest level of lifeguard training Lifeguards who complete the ILTP tm program have safety and service skills that far exceed current industry standards This leads to superior performances and the development of lifeguards who have the ability to protect both guests and themselves E A licensed lifeguards consistently demonstrate their excellence through their accountability professionalism competency and service The E A International Lifeguard Training Program tm guidelines have revolutionized the aquatic safety industry and are continuing to set new and higher standards worldwide      *National Pool and Waterpark Lifeguard Training* Jeff Ellis,Carol Lee Fick,Ellis & Associates,1992      The Dairymen's League News ,1944      *National Pool and Waterpark Lifeguard - CPR Training* Jeffrey L. Ellis,Jill E. White,National Safety Council (NSC) Staff,1998-12      *Lifeguard Vigilance Training DVD* Tom Griffiths,2006-11-13 The Lifeguard Vigilance TrainingDVD helps ensure lifeguards meet the challenges of staying alert and prepared while on the job For the first time ever two videos Disappearing Dummies Why Lifeguards Can t Seeand the Five Minute Scanning Strategy are combined conveniently on one DVD World renowned aquatic safety expert Dr Tom Griffiths explains the challenges caused by visual body blindness and introduces new techniques to stay more alert and focused while lifeguarding The first portion of the video features Disappearing Dummies Why Lifeguards Can t See In this video viewers learn how and why it is so difficult to detect bodies on the bottom of swimming poolseven when the water is crystal clear The straightforward illustration of the phenomenon of visual body blindness is startling even for viewers with many years of aquatic experience Based on this evidence the video introduces and prioritizes bottom sweeps as a way to prevent drowning accidents In the second portion of the video Dr Tom Griffiths introduces his systematic approach to lifeguard surveillance called the Five Minute Scanning Strategy This strategy is based on years of scientific research and studies done with thousands of lifeguards around the world Lifeguards will stay more awake and more alert by employing this revolutionary strategy This technique has been proven so effective that it is now a requirement for all 35 000 Ellis Associates lifeguards and Starfish Aquatics StarGuard lifeguards worldwide This DVD first proves the difficulty of seeing and

identifying a body at the bottom of the pool then teaches rescuers the tools they need to stay more alert to make the difficult task of lifeguarding more manageable This video is a must see for all water safety professionals including lifeguards managers and supervisors The length and ease of delivery make this video perfect for in service training The advice and expertise of Tom Griffiths is invaluable for any aquatic safety professional      **Starguard** Jill E. White,2006 StarGuard Best Practices for Lifeguards Third Edition gives you the tools you need to become a skilled and knowledgeable lifeguard in a pool water park waterfront or wilderness setting It emphasizes the essential knowledge you need with material on prevention surveillance emergency care aquatic rescue professionalism and personal safety The text integrates the American Heart Association 2005 Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care which include recommendations for first aid treatment StarGuard Best Practices for Lifeguards Third Edition is designed to make learning easy for new lifeguards and reinforce what veteran guards have already learned It includes step by step instructions and detailed photos and drawings to help you learn new techniques and best practices Emphasis is on key points that are crucial for effective lifeguard training Explanations are short and to the point and they relate directly to lifeguarding This concise coverage of important topics makes it easy for you to determine what really makes a difference in saving people s lives StarGuard Best Practices for Lifeguards Third Edition is the manual for the Starfish Aquatics StarGuard lifeguard training course which involves hands on scenario training provided under the facilitation of a StarGuard instructor Together the manual and course prepare lifeguards for actual situations on the job From pool surveillance techniques and prevention to emergency care the manual covers all of the ins and outs of lifeguarding in an easy to understand format The StarGuard Best Practices for Lifeguards online course is also available For more information click here to visit the course page on the Aquatic Education Center      **American Red Cross Lifeguard Training** American National Red Cross,1984      [American Red Cross Lifeguard Training Instructor's Manual](#) ,1988-01-01      [National Pool and Waterpark Lifeguard/CPR Training](#) Jeff Ellis,Jill E. White,Ellis & Associates,1994      *Instructor's Resource Manual for National Pool and Waterpark Lifeguard/CPR Training* Jeff Ellis,1994      **Lifeguard Training** Council for National Cooperation in Aquatics Staff,Gordon T. Howes,1968  
*Lifeguard Training* American National Red Cross,1990-01-01

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