

**Course Name: Lifeguard Training**

**Duration:** 22 hours

**CEUs:** 2.20

**Description:**

An international renowned, hands-on lifeguard course that is highly interactive and physically enduring. The course is a comprehensive training program that promotes objective driven and performance based training for individuals wishing to obtain a new ILTP™ certification for shallow water, pool, special facilities, and/or open water, in various water depths ranging from less than 5 feet of water up to any depth and/or open water. Our International Lifeguard Training Programs (ILTP™) are designed and intended to be delivered as part of an integrated curriculum that includes water rescue techniques, First Aid, Health Care Provider CPR, Emergency Oxygen Support, and Automated External Defibrillation as a first responder. This course requires students to perform each concept taught in the course, through student demonstrations of all skills concepts and skills instructed. Students will participate in lifeguarding roles throughout the class and are expected to perform lifeguard duties as first responders. Students will perform on deck and in water simulations, drills and exercises for rescue techniques as an individual and in team scenarios as part of multiple rescuers drills. The ILTP Lifeguard course materials are available in English, Spanish, Portuguese, Thai and simplified Chinese languages. Students that successfully complete the ILTP Lifeguard course obtain an ILTP certificate that is valid for one (1) year. Annual renewal is required.

**Audience:**

A course designed for individuals currently working in an aquatic venue that requires an employee to be certified as a lifeguard. This specific certification is valid for individuals working in an ILTP™ Lifeguard Program facility that contains flat water pool venues with attractions that have water depths up to 16 ft. excluding open water and wave environments. This course is also designed for individuals previously licensed as an ILTP™ New Pool lifeguard whose certification has expired therefore doesn't qualify for being a renewal candidate.

**Prerequisites:**

Participants enrolling in this course must:

- Be at least 15 years or 16 years of age dependant upon certificate desired.
- Possess a copy of the ILTP™ Training Standard or access to the Training Standard
- Pay the registration and tuition fees before entering the course.
- Review the Training Standard and bring all course materials to the first scheduled class.
- Be able to swim the requirements for the type of certification they are seeking using either both or either the front crawl (freestyle) and/or breaststroke without resting
  - **ILTP™ Shallow Water Certification**
    - Swim 50 yards without stopping. Be able to swim underwater for a distance of 10 ft. in a maximum depth of 5 ft. of water. Be able to retrieve a 10-lb. brick and bring it to the surface.
  - **ILTP™ Pool Certification -**
    - Swim 100 yards without stopping. Be able to perform a feet-first surface dive, retrieve a 10-lb. brick, and bring it to the surface. Be able to tread water without using arms for 1 minute
  - **ILTP™ Special Facilities Certification -**
    - Swim 200 yards without stopping. Be able to conduct a feet-first surface dive, retrieve a 10-lb. brick, and bring it to the surface. Be able to tread water without using arms for 2 minutes.
  - **ILTP™ Open Water Certification**
    - Swim 200 yards without stopping. Be able to conduct a feet-first surface dive, retrieve a 10-lb. brick, and bring it to the surface. Tread water without using arms for 2 minutes

**Evaluation:**

Successful course completion includes:

- Attending all scheduled classes.
- Achieving a score of 80% or higher on the course written exam,
- Successfully completing all items and skills provided in the Skills Competency Workbook.
- Conducting oneself professionally during the course.

**Note:** Student records are updated within fifteen (15) days after the last scheduled class for the program. Participants may access an updated training record when receiving an invitation via SMS/email to take a course evaluation survey by logging into their student profile page Ellis Education Services Portal.

**Outcomes:**

Participants will be able to:

1. Perform a demonstration of the prerequisite course swimming test standards for their desired certification.
2. Explain in ones own words the 10/20 second Protection Standard and describe how it relates to the drowning process. Open Water course participants will also explain the 10/3 minute protection standard.
3. Analyze and describe the characteristics and physical attributes for a Guest in Distress in the water as they relate to statistical data and historical trends.
4. Identify and perform the appropriate ILTP™ rescue technique and standard of care for a Guest in Distress in an aquatic emergency as a single or multiple rescuer in aquatic environments that have facilities with pool water depths appropriate for the certification they are seeking.
5. Identify and perform the appropriate ILTP™ rescue technique and standard of care for a Guest in Distress with a suspected spinal emergency as a single or multiple rescuer.
6. Identify and apply the appropriate ILTP™ standard of care for a CPR or first aid emergency using all appropriate emergency rescue equipment as a single and multiple rescuer.

**Expectations:**

Lifeguard Candidates seeking to receive a Course Completion Card or an E&A Lifeguard License issued by the **International Lifeguard Training Program™** (ILTP™) *must successfully meet all* course prerequisites as outlined in the **International Lifeguard Training Program™** before being admitted into the course.

- Lifeguard candidates *must attend all* training sessions to be eligible for Licensing or Course Completion.
- Lifeguard candidates *must have a copy* of the ILTP™ Training Standard in order to participate in all ILTP™ courses and receive completed training credentials.
- Candidates will be officially enrolled in an ILTP™ course after successfully completing course prerequisites, obtaining ILTP™ Training Standard, and paying the appropriate course tuition.
- Candidates *must pay* the appropriate course tuition fee prior to being admitted into the course.
- ILTP course tuition fees *are not refundable*. A facility use fee may be assessed to candidates at some training locations. **These fees are not paid to Ellis & Associates.**

**Suggested preparation:**

- Read and review the Training Standard before the first scheduled class.
- Complete the Candidate Review questions in the course materials before the first scheduled class.

## Additional information:

In order to assist you to prepare for participation in this course, we have listed suggestions for your consideration below. Please review this information and ask your course instructor for clarification of any information that you do not clearly understand.

1. Be on time to every class period. Your instructor takes attendance at the beginning of every class. Instructors will not permit you to enter the class after the scheduled starting time.
2. Learning can best be accomplished if you are comfortable during training. We strongly suggest that you bring along suitable clothing to keep you warm. The nature of this training requires candidates to be in and out of the water several times during each class period. Bring extra clothing to class so that you will remain warm and comfortable.
3. Candidates should bring along a pen or pencil to every class session. We also recommend that you read the Training Standard, complete the Candidate Review Document prior to attending your first class.
4. All lifeguard-training courses require that candidates participate in vigorous physical training. You must be in good physical condition to participate. If you have any health related problems that might present a health or safety hazard while participating in training, please notify your instructor prior to enrolling. You may be required to seek the opinion of your medical doctor before being permitted to enroll. Lifeguards who receive an E&A License are required to meet 20/20 corrected or uncorrected vision standard in order to be licensed.
5. The continued rescue readiness and “Skill Level Maintenance” of **ILTP™ Course Completion Lifeguards** is the responsibility of the lifeguard and/or the owner/operator/employer exclusively. **E&A Licensed Lifeguards** must read and clearly understand the terms and conditions of the **E&A Lifeguard License** prior to signing it. The terms of E&A Lifeguard License agreement require that **E&A Licensed Lifeguards** are accountable to their employer who is a client of the **E&A Comprehensive Aquatic Risk Management Program** for maintaining the standards outlined on your Lifeguard License. While it is not possible for **Ellis & Associates** to supervise E&A Licensed Lifeguards trained in the **International Lifeguard Training Program™**, it is important for you to clearly understand your responsibility and duty while performing lifeguard services for your employer.
6. **Ellis & Associates** does not employ, supervise or terminate the lifeguards it trains. However, it does randomly audit the performance of **E&A Licensed Lifeguards** as part of the **E&A Comprehensive Aquatic Risk Management Program** to aid your employer in reducing the risk of aquatic or drowning accidents. Accordingly, your Lifeguard License may be suspended or revoked should you fail to abide by the terms and conditions described on your license.
7. Possessing an ILTP™ Course Completion card or E&A Lifeguard License does not guarantee employment.
8. Your ILTP™ course instructor is an official representative of **Ellis & Associates**.
9. For your health and safety, we suggest that you eat light energy foods and avoid anything that might make you ill during class. Training activities are demanding and therefore your diet should reflect prudent judgment with regard to your eating habits. In addition, if your class is taught out of doors, bring along suitable protection for exposure to sun and wind. We also recommend that you bring along sunglasses, hat/visor, and sunscreen lotion.
10. Candidates must pass a written examination with a **score of 80% or higher**, pass individual technical performance exams and simulation practical exams to qualify for Licensure or Course Completion.
11. Candidates will also be judged on maturity, demeanor, and attentiveness during your class. Your course instructor has the final word in determining who passes the course and receives a **E&A Lifeguard License or ILTP™ Course Completion Card**.