

Here's What to Expect from Lifeguard Training

Life feels anything but normal immediately, but we plan on getting somewhat back to normal in 2021. At an equivalent time, we are making a couple of changes to lifeguard training this year to assist all folks adapt to a replacement environment. We learned tons in 2020 about the way we teach, and therefore the way you learn from us. We're firm believers in continuous improvement which means applying what we learned over the last year to bring even better training programs to you in 2021!



We've teamed up with our new training partners Ellis & Associates to develop a blended learning experience that mixes the pliability of e-learning with the hands-on experience of socially distanced in-person training. Together with the most important providers of lifeguard

training within the US , you'll trust the experts to show you everything you would like to earn your certification and fill a lifeguard's shoes (or swimsuit).

We could continue about how lifeguarding may be a great resume builder, or how you'll stay in physical shape — but you've probably heard all that by now, anyway. Instead, we're getting to check out how we're getting to teach those skills — this season and for years to return .

Preparation and Requirements

Being a lifeguard is both physically demanding and mentally challenging. While lifeguard certifications lasted for 2 years within the past, every guard will now got to renew their certification annually before it expires. We understand the importance of keeping our guards on the brink of training and assured in their skills every season.

Each trainee is additionally required to pass a swim pretest to demonstrate they're going to be adequately prepared for the training and job demands to return . You'll got to be prepared to:

Swim 100 yards continuously using the crawl and/or breaststroke

Tread water for one minute using only your legs

Dive feet-first to the deepest a part of the pool to retrieve a 10-pound “brick”

We're keeping the amount of physical touch points during all in-person training exercises at a minimum to make sure a safer training environment. Here are some the steps we're taking to coach responsibly:

In-person classes will limit the amount of scholars in order that social distancing are often maintained

Mannequins are used whenever possible to make sure limited touch points

All lecture and video segments are going to be taught virtually

Socially distanced instruction at a minimum of 6 feet

Increased frequency of hygienic and sanitation procedures

Minimized person-to-person and person-to-object contact

All sick individuals are required to remain home

Rescue Skills

No two rescues are alike. When an emergency situation strikes, there are dozens of things that determine the safest thanks to perform a rescue.

Visit : [Lifeguard course](#)

Under close supervision, lifeguards-in-training learn these multiple factors and methods to perform an emergency water rescue. Our instructors will cover:

Rescue Equipment: the way to use materials to form a rescue both safer and easier

Assists: Safe, practical methods for aiding distressed swimmers in common situations before attempting an in-water rescue

Entries: Determining the simplest method to enter the water supported depth, safety, and position above water

Approaches: Best ways to approach distressed swimmers supported proximity, equipment available, behavior, etc.

Escapes: the way to protect oneself when a distressed swimmer behaves dangerously and puts a lifeguard in danger

Rescue Techniques: the way to carry one or multiple distressed swimmers back to land

Removals: Safe ways to get rid of a distressed swimmer from water; accounting for injuries, consciousness, etc.

CPR, Oxygen, and AED Use

By identifying hazards and directing patrons, lifeguards are always working to stop incidents at the pool. We hope that it never has to happen, but here's the truth of the job: it's very possible that a lifeguard will have to take action to save lots of someone's life.

When someone's heart stops beating, a lifeguard performing CPR — or CPR — could save a life. These efforts, combined with an automatic external defibrillator (AED) and oxygen, significantly increase the probabilities of a positive outcome.

Lifesaving could seem sort of a daunting task. But we make sure you are going to be as prepared as any trained professional, because you'll be an actual trained professional! We provide a certification that covers CPR, Oxygen and AED use, through our face to face and online blended educational program . CPR methods are different for youngsters and infants than they're for adults, which is why our training candidates will learn the right application for every situation.

First Aid, Personal Protective Equipment, and Bloodborne Pathogens

Today's world requires a heightened level of biological protection, but to a trained lifeguard, this is often "just another day at the office."

We're all getting a touch extra education in biology immediately , and a few of a lifeguard's occupational risks are indeed microscopic. However, we instruct every lifeguard on the way to properly apply care techniques, and when to use personal protective equipment (PPE) in order that they can safely continue their duties and minimize biological exposure.

PPE training is going to be performed online in 2021. Every lifeguard should have skills and when to use multiple sorts of PPE. We're also including new PPE response kits in our updated procedures to combat situations which will involve biological risk. These kits are break away standard lifeguarding care kits, and include extra PPE items which will even be found during a standard kit. They include:

2 Bag Valve Masks (one size each for both adult and infant)

Disposable gown

Face shield

Protective goggles

Viral filter, compatible with both CPR Masks and BVMs

Health risks like hepatitis B , hepatitis C , and HIV also are a priority for any lifeguard responding to an emergency. this is often what makes PPE and practices such a crucial component of coaching . in addition to learning the way to properly use PPE to attenuate risk, our candidates also will find out how to securely handle and minimize exposure to bloodborne pathogens, as directed by the Occupational Safety and Health Administration (OSHA). By understanding how transmission occurs, alongside the right techniques to scale back exposure, the danger of transmission are often managed responsibly.