



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## GENERAL LIFEGUARD COURSE INFORMATION SHEET

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™** textbook 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 personal copy of the ILTP™ lifeguard textbook OR ILTP™ On-Line Program in order to participate in all ILTP™ courses and receive completed training credentials. ILTP™ lifeguard credentials cannot be issued to anyone who does not possess a personal copy of the training standard.
- Candidates will be officially enrolled in an ILTP™ course after successfully completing course prerequisites, obtaining course textbooks OR On-Line Program, 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.**

**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 your course textbooks, complete the **Candidate Review Document** OR complete the On-Line program 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.



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

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 sun screen 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.



## **SKILL COMPETENCY WORKBOOK STUDENT RESOURCE**

**LIFEGUARD CANDIDATE NAME**

**TRAINING DATES**

**TRAINING LOCATION**



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## SKILL COMPETENCY WORKBOOK

### STUDENT RESOURCE

## Introduction

The Skill Competency Workbook (SCW) was designed to provide International Lifeguard Training Program™ (ILTP™) lifeguard candidates with a comprehensive and standardized set of skills, training, and evaluation tools. These skill competency worksheets allow the ILTP™ lifeguard candidate the opportunity to systematically and effectively learn important aquatic rescue skills and simultaneously apply those skills to scenario-based assessments. The SCW provides lifeguard candidates with visual and tactile worksheets that clearly describe the exact performance standards required for skill performance success. The SCW was formatted in a step-by-step approach, using standardized prompts, so the ILTP™ lifeguard candidate can quickly and efficiently learn and apply his or her rescue skills.

Educational research suggests that in order to maximize learning and, more importantly, skill retention, a clear set of expectations are required. Research also demonstrates that well developed performance expectations provide for more objective and honest performance assessments. Today, these expectations are called “student learning outcomes”, or SLOs. The SCW is based on the theory that lifeguard candidates have a better chance at success when they know exactly what the SLOs are for each aquatic rescue skill. The skill competency worksheets are presented in a clear format and describe the minimally acceptable performance standards. The SCW should be utilized as a reference tool during ILTP™ lifeguard courses. The lifeguard candidate must pay particular attention to the performance steps, in their correct order. Missing any step can negatively affect guest outcomes and therefore must be performed properly. Skill standardization and objective assessment are primary goals of all vocational education. Jeff Ellis & Associates, Inc. supports the concepts of standardization and objective assessments, while continuing to emphasize the philosophy of “Make it Work”. Flexibility is the responsibility of your ILTP™ instructor. Should questions arise regarding the specific performance steps of any skill worksheet, speak with the instructor prior to any skill practice or assessment.

## Instructions - “How to Use”

The ILTP™ lifeguard candidate must become familiar with each of the skill objectives in the SCW. Particular attention should be paid to the scenario sequence provided for each objective. These sequences give clear detail on vital information necessary to complete a skill. During initial skill training, including skill practice sessions, the workbook can be “on deck” and frequently referenced by the ILTP™ lifeguard candidate. The ILTP™ lifeguard candidate is encouraged to review the workbook while reading the ILTP™ lifeguard textbook. The ILTP™ lifeguard candidate can practice the performance of specific skills prior to class and during class with other lifeguard candidates acting as the evaluators. Peer-to-peer learning is a powerful strategy during skill mastery. The ILTP™ lifeguard candidate should also carefully track the sequence of procedures included in each skill objective to ensure you provide consistent emergency care and guest management. In some cases, steps may be completed out of order with no significant effect on guest care depending upon the given scenario. Scenario creation remains the discretion of your ILTP™ instructor.

Eight skill competency objectives are assessed as part of the ILTP™ course completion process in this workbook. Each objective may be successfully accomplished by using a variety of the lifeguard skills presented during training. For example, skill competency objective #1 requires a lifeguard candidate to rescue a conscious guest on the surface. This objective can be achieved successfully by using any one of three rescue skills; front drive, rear hug, or two-guard rescue. The specific scenario and guest condition will determine which rescue skill is most appropriate.

Each objective has several components that need to be demonstrated for the objective to be completed as indicated by a corresponding check mark. The ILTP™ Instructor will evaluate completion of each component and overall successful mastering of each objective, by indicating its accomplishment in the Instructor’s version of the SCW for each candidate and further documenting completion in the Roster and Course Completion Management Document (RCCMD) for each course. The ILTP™ lifeguard candidate must complete all objectives in the SCW prior to taking the written exam. The ILTP™ candidate must also successfully complete all practical team exams. Team exams require the ILTP™ lifeguard candidate to perform skills in a multiple rescuer scenario-based setting. Team-based assessment is the culmination of the ILTP™ lifeguard candidate’s demonstration of his or her ability to work as a competent lifeguard with the ability to problem solve in a “real world” setting using the skills he or she has learned – Making it Work! Completion of these course requirements will be determined by the course instructor and will provide you with additional information as needed throughout the course.





# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## SKILL COMPETENCY WORKBOOK

### STUDENT RESOURCE

#### SKILL COMPETENCY OBJECTIVE ONE: CONSCIOUS GUEST IN DISTRESS ON THE SURFACE

**Scenario A:** The guest in distress is active on the surface and facing you.

**Scenario B:** The guest in distress is active on the surface and facing away from you.

**Scenario C:** The guest in distress is extra-active on the surface and presents a potential danger to a single rescuer.

#### Skill Description



Skill Description		✓
<b>Scenario A</b>	Lifeguard activates the EAP	
	Lifeguard performs compact jump entry safely, followed by the approach stroke	
	Lifeguard extends the tube in front with both hands prior to one body length from GiD	
	Lifeguard pushes tube slightly under water while driving tube into the chest of the GiD	
	Lifeguard locks elbows and keeps arms straight while maintaining tube position	
	Lifeguard drives GiD to point of safety while communicating with and calming the GiD	
	Lifeguard assists the GiD out of the water, followed by supervisor debrief / rescue report	
<b>Scenario B</b>	Lifeguard activates the EAP	
	Lifeguard performs compact jump entry safely, followed by the approach stroke	
	Lifeguard assumes a vertical position prior to contact with GiD, maintaining tube position	
	Lifeguard extends arms under the GiD's armpits and wraps arms around the GiD's chest	
	Lifeguard elevates GiD above water level while protecting his or her head	
	Lifeguard swims with GiD to point of safety while communicating with and calming the GiD	
	Lifeguard assists the GiD out of the water, followed by supervisor debrief / rescue report	
<b>Scenario C</b>	Lifeguard activates the EAP (Primary Rescuer)	
	Lifeguard performs compact jump entry safely, followed by the approach stroke	
	Lifeguard recognizes the inability to rescue alone and raises fist above head	
	Lifeguard blows whistle (Secondary Rescuer)	
	Lifeguard performs compact jump entry safely, followed by the approach stroke	
	Lifeguards (Primary and Secondary) approach GiD from opposite sides (facing and away)	
	Lifeguard signals to move (Primary Rescuer)	
	The lifeguard that ends up behind extends arms under the GiD's armpits and raises hands	
	The lifeguard that ends up in front drives the tube into the hands of the opposite lifeguard	
	The lifeguard behind the GiD pulls front rescue tube against the GiD's chest	
	The rescue team swims with the GiD to point of safety while communicating with and calming GiD	
	The rescue team assists the GiD out of the water, followed by supervisor debrief / rescue report	

Has Lifeguard Candidate demonstrated Skill Competency for Objective ONE?

☐ FAIL

☐ PASS

Candidate Name:

ILTP™ Instructor Signature:

Date Completed:



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## SKILL COMPETENCY WORKBOOK

### STUDENT RESOURCE

#### SKILL COMPETENCY OBJECTIVE TWO: CONSCIOUS GUEST IN DISTRESS BELOW THE SURFACE

**Scenario:**

The guest in distress is active (appears to be conscious) below the surface of the water, but within hands reach.

**Skill Description**

Lifeguard activates the EAP

Lifeguard performs compact jump entry safely, followed by the approach stroke

Lifeguard arrives directly in front of and above the GiD

Lifeguard positions the tube and reaches over the tube and grabs the GiD's hand or arm

Lifeguard pivots back and pushes tube under the GiD's armpit/chest while pulling the guest up to the surface

Lifeguard locks the extended arm's elbow in order to maintain arm's length distance from GiD

Lifeguard drives/pulls GiD to point of safety while communicating with and calming the GiD

Lifeguard assists the GiD out of the water, followed by supervisor debrief / rescue report

**Has Lifeguard Candidate demonstrated Skill Competency for Objective TWO?**

☐ FAIL

☐ PASS

#### SKILL COMPETENCY OBJECTIVE THREE: CONSCIOUS GUEST IN DISTRESS ON THE BOTTOM

**Scenario:**

The guest in distress is active (appears to be conscious) on the pool's bottom. The guest is deep, beyond hands reach.

**Skill Description**

Lifeguard activates the EAP

Lifeguard performs compact jump entry safely, followed by the approach stroke

Lifeguard arrives directly in front of and above the GiD

Lifeguard releases the tube and executes a feet-first surface dive, arriving directly behind the submerged GiD

Lifeguard reaches across the GiD's chest, grasping the armpit while the other hand feeds the strap, lifting the GiD

Lifeguard brings the GiD to the surface, presenting the rescue tube to the front of the GiD asking the GiD to grab it

Lifeguard swims the GiD to point of safety while communicating with and calming the GiD

Lifeguard assists the GiD out of the water, followed by supervisor debrief / rescue report

**Has Lifeguard Candidate demonstrated Skill Competency for Objective THREE?**

☐ FAIL

☐ PASS

**Candidate Name:**

**ILTP™ Instructor Signature:**

**Date Completed:**



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## SKILL COMPETENCY WORKBOOK

### STUDENT RESOURCE

#### SKILL COMPETENCY OBJECTIVE FOUR: UNCONSCIOUS GUEST IN DISTRESS ON THE SURFACE

**Scenario:**

The guest in distress is unconscious on the surface of the water.

**Skill Description**

Lifeguard activates the EAP	
Lifeguard performs compact jump entry safely, followed by the approach stroke	
Lifeguard arrives behind the GiD and in a vertical position, keeping the tube between the lifeguard and GiD	
Lifeguard extends arms under the GiD's armpits and wraps arms around the GiD's chest	
Lifeguard elevates the GiD back, maneuvering the tube under the GiD's back to facilitate an open airway position	
While moving with the GiD toward the extrication point, the lifeguard opens the airway of the GiD using the Jaw Thrust with head tilt and quickly assesses for breathing	
No obvious spontaneous breathing is detected, the lifeguard confirms assistance from other EAP responders	
Lifeguard delivers two ventilations and continues with rescue breathing while moving toward the extrication point	
Lifeguard continues rescue breathing until EAP responders are ready to extricate the GiD	

Has Lifeguard Candidate demonstrated Skill Competency for Objective FOUR?

☐ FAIL

☐ PASS

#### SKILL COMPETENCY OBJECTIVE FIVE: UNCONSCIOUS GUEST IN DISTRESS BELOW THE SURFACE

**Scenario:**

The guest in distress appears to be unconscious below the surface of the water, but within hands reach.

**Skill Description**

Lifeguard activates the EAP	
Lifeguard performs compact jump entry safely, followed by the approach stroke	
Lifeguard arrives directly in front of and above the GiD	
Lifeguard positions the tube and reaches over the tube and grabs the GiD's hand or arm	
Lifeguard pivots back and pushes tube under the GiD's armpit/chest while pulling the guest up to the surface	
Lifeguard rolls the GiD back, maneuvering the tube under the GiD's back to facilitate an open airway position	
While moving with the GiD toward the extrication point, the lifeguard opens the airway of the GiD using the Jaw Thrust with head tilt and quickly assesses for breathing	
No obvious spontaneous breathing is detected, the lifeguard confirms assistance from other EAP responders	
Lifeguard delivers two ventilations and continues with rescue breathing while moving toward the extrication point	
Lifeguard continues rescue breathing until EAP responders are ready to extricate the GiD	

Has Lifeguard Candidate demonstrated Skill Competency for Objective FIVE?

☐ FAIL

☐ PASS

Candidate Name:

ILTP™ Instructor Signature:

Date Completed:



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## SKILL COMPETENCY WORKBOOK

### STUDENT RESOURCE

#### SKILL COMPETENCY OBJECTIVE SIX: UNCONSCIOUS GUEST IN DISTRESS ON THE BOTTOM

**Scenario:**

The guest in distress appears to be unconscious on the pool's bottom. The guest is deep, beyond hands reach.

**Skill Description**

Lifeguard activates the EAP

Lifeguard performs compact jump entry safely, followed by the approach stroke

Lifeguard arrives directly in front of and above the GiD

Lifeguard releases the tube and executes a feet-first surface dive, arriving directly behind the submerged GiD

Lifeguard reaches across the GiD's chest, grasping the armpit while the other hand feeds the strap, lifting the GiD

Lifeguard brings the GiD to the surface, placing the guest on the rescue tube in an open airway position

While moving with the GiD toward the extrication point, the lifeguard opens the airway of the GiD using the Jaw Thrust with head tilt and quickly assesses for breathing

No obvious spontaneous breathing is detected, the lifeguard confirms assistance from other EAP responders

Lifeguard delivers two ventilations and continues with rescue breathing while moving toward the extrication point

Lifeguard continues rescue breathing until EAP responders are ready to extricate the GiD

**Has Lifeguard Candidate demonstrated Skill Competency for Objective SIX?**

☐ FAIL

☐ PASS

#### SKILL COMPETENCY OBJECTIVE SEVEN: SUSPECTED SPINAL SKILLS AND EXTRICATION (TWO OR MULTIPLE RESCUERS)

**Scenario A:** The guest in distress is conscious on the surface holding his/her neck and in pain (shallow water)

**Scenario B:** The guest in distress is conscious below the surface holding his/her neck and is in pain (deep water)

**Skill Description**

**Scenario A** Lifeguard activates the EAP

Lifeguard performs "ease in" entry safely, approaches the GiD, minimizing wave action

Lifeguard uses immobilization technique appropriate for the situation while communicating with the GiD

Lifeguard adjusts to overarm vise grip technique (if necessary) for placement on backboard

Lifeguard moves the GiD to the extrication point while communicating and maintaining stabilization

Lifeguard and other rescuer(s) secure GiD to the backboard, followed by appropriate care on deck

**Scenario B** Lifeguard activates the EAP

Lifeguard performs "ease in" entry safely, approach stroke to a position just above the GiD

Lifeguard submerges feet-first to the side of the GiD, applying the vise grip while moving up at an angle

Lifeguard breaks the surface rolling the GiD face up while maintaining stabilization. Confirm breathing

GiD is breathing. Lifeguard and other rescuers move the GiD to the extrication point following EAP

Lifeguard and other rescuer(s) secure GiD to the backboard, followed by appropriate care on deck

**Has Lifeguard Candidate demonstrated Skill Competency for Objective SEVEN?**

☐ FAIL

☐ PASS

**Candidate Name:**

**ILTP™ Instructor Signature:**

**Date Completed:**





# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## SKILL COMPETENCY WORKBOOK

### STUDENT RESOURCE

#### SKILL COMPETENCY OBJECTIVE EIGHT: HEALTH CARE PROVIDER LEVEL CPR/AED & OXYGEN ADMINISTRATION / FIRST AID (MULTIPLE RESCUERS RESPOND)

**Scenario A: An unresponsive elderly guest is lying on deck near the pool (non-spinal)**  
**Scenario B: An unresponsive child is lying on the deck near the pool (non-spinal)**  
**Scenario C: An unresponsive, infant with blue lips is being held by a frantic parent near a picnic table with food**

#### Skill Description



<b>Scenario A</b>	First responding lifeguard surveys the scene (scene is safe) activates the EAP	
	Responding lifeguards bring all equipment, including AED, Oxygen, BVM, V-vac, O2 port, etc.	
	First responding lifeguard (and all subsequent responders) put on exam gloves before performing care	
	First responding lifeguard checks for responsiveness and Normal breathing (Agonal breathing guest)	
	First responding lifeguard positions for pulse check at the carotid artery, or up to 10 seconds	
	PULSE IS PRESENT. Lifeguard(s) begin Rescue Breathing, 1 breath every 5 seconds for 2 minutes	
	Pulse is reassessed for up to 10 seconds. NO PULSE. Start CPR, 30 compressions, 2 breaths	
	First breath does not go in. Re-tilt, readjust mask, reattempt results in visible chest rise, return to CPR	
	AED is ready, chest is prepared. AED is attached, follow prompts, resume CPR when appropriate	
	Switch compressors every AED analysis or when a rescuer is fatigued. Continue until EMS takes over	
<b>Scenario B</b>	First responding lifeguard surveys the scene (scene is safe) activates the EAP	
	Responding lifeguards bring all equipment, including AED, Oxygen, BVM, V-vac, O2 port, etc.	
	First responding lifeguard (and all subsequent responders) put on exam gloves before performing care	
	First responding lifeguard checks for RESPONSIVENESS and NORMAL BREATHING (No Breathing)	
	First responding lifeguard positions for pulse check at the carotid artery, or up to 10 seconds	
	PULSE IS PRESENT. Lifeguard(s) begin Rescue Breathing, 1 breath every 3 seconds	
	On 10 <sup>th</sup> ventilation, GiD vomits food and other stomach contents. Roll to recovery position, clear mouth	
	Resume rescue breathing. First breath does not go in, re-tilt, readjust, breath still does not go in	
	Begin mid-sequence FBAO, beginning with 30 chest compressions, look in the mouth, see nothing	
	Provide two ventilations. Chest rises and falls. Resume rescue breathing for remainder of 2 minutes	
	Pulse is reassessed for up to 10 seconds. NO PULSE. Start CPR, 30 compressions, 2 breaths	
	AED is ready, chest is prepared. AED is attached, follow prompts, resume CPR when appropriate	
	Switch compressors every AED analysis or when a rescuer is fatigued. Continue until EMS takes over	
<b>Scenario C</b>	First responding lifeguard surveys the scene (scene is safe) activates the EAP. Requests to help	
	Responding lifeguards gather equipment and come to the scene. Parent gives infant to lifeguard	
	Infant's eyes are open with arms moving and legs kicking. Food residue is on the blue lips, no sounds	
	Lifeguard begins 5 back blows and 5 chest thrusts, alternating while infant remains responsive	
	Infant loses consciousness. Lifeguard places infant on a flat surface and begins CPR	
	30 chest compressions, look in the mouth, see a hot dog, remove it by plucking it out	
	Attempt two breaths, breaths go in, infant begins to cough and cry	
	The rescue team assists parent with infant, followed by evaluation of infant's condition	
	Complete documentation, debrief with supervisor	

**Has Lifeguard Candidate demonstrated Skill Competency for Objective EIGHT?**

☐ **FAIL**

☐ **PASS**

**Candidate Name:**

**ILTP™ Instructor Signature:**

**Date Completed:**



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™ (ILTP™)

## LIFEGUARD CANDIDATE REVIEW DOCUMENT



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter One, *Lifeguard Accountability and Professionalism*

#### ASSESSMENT

- 1) The International Lifeguard Training Program™ has become the standard of care in the aquatic industry.

True or False?

- 2) What four aspects of your job will be documented in an auditor evaluation?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

- 3) Professional lifeguards perform well during audits, because they perform well most of the time they are on the job.

True or False?

- 4) Lack of professionalism affects the ability to enforce rules effectively.

True or False?

- 5) As a lifeguard you are part of a team, contributing to the total operation of a facility and the protection of the guests at that facility.

True or False?



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter One, *Lifeguard Accountability and Professionalism*

#### CRITICAL THINKING

- 1) What can you do as a lifeguard to promote a professional image?

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- 2) How might a guest feel if he or she witnessed unprofessional behavior by a lifeguard?

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- 3) What effect could an unprofessional staff have on facility attendance?

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- 4) Does unprofessional behavior affect the ability of a lifeguard to enforce rules effectively?

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- 5) What benefit does licensing provide the lifeguard profession?

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- 6) Why do lifeguards need to maintain skills at the "test ready" level?

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### Chapter Two, *Awareness and Recognition*

#### ASSESSMENT

- 1) Dry drowning occurs more frequently than wet drowning.

True or False?

- 2) Name four types of guests who would be considered high risk:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

- 3) At what time of day do most rescues occur?

\_\_\_\_\_

- 4) A distressed guest on the bottom of the pool will be easy to see.

True or False?

- 5) Guests can be conscious on the bottom and still need to be rescued.

True or False?

- 6) Scanning patterns for a zone should not be changed.

True or False?

- 7) The 10/20 Protection Standard allows you 10 seconds to \_\_\_\_\_ a distressed guest and 20 seconds to \_\_\_\_\_ the guest and begin rendering aid.

- 8) You should scan only the area of your facility where guests are present.

True or False?



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter Two, *Awareness and Recognition*

#### ASSESSMENT *Cont.*

9) Name three locations of an aquatic facility where greater numbers of rescues occur.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

10) List the five stages of drowning:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

#### CRITICAL THINKING

1) What are some situations that would require you to change your scanning technique?

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# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter Two, *Awareness and Recognition*

#### CRITICAL THINKING *Cont.*

- 2) How does the 10/20 Protection Standard affect what you do?

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- 3) What circumstances might make it more difficult for you to remain vigilant and how can you control them?

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- 4) What can you do to keep your attention level high no matter what the circumstances?

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# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter Three, *Reacting to an Emergency*

#### ASSESSMENT

1) The Emergency Action Plan (EAP) is activated by\_\_\_\_\_.

2) While a lifeguard is making a rescue, who covers his or her zone?

\_\_\_\_\_

3) Match the communication signal on the left with the correct purpose on the right:

1) One short whistle blast	_____	a) Indicate a major emergency
2) Raised fist	_____	b) Give direction
3) Two long whistle blasts	_____	c) Get a guest's attention
4) Crossed arms	_____	d) Watch my area
5) Tapping head	_____	e) Resume activity
6) One long whistle blast	_____	f) Activate EAP
7) Pointing	_____	g) Lifeguard needs help
8) Thumbs up	_____	h) Stop dispatch
9) Two short whistle blasts	_____	i) Get the attention of a lifeguard or supervisor

4) What information should be posted next to the telephone?

\_\_\_\_\_

5) What is the difference between an assist and a rescue?

\_\_\_\_\_

\_\_\_\_\_

6) The rescue tube is an optional piece of equipment for lifeguards at wave pools.

True or False?

7) BSI precautions regard all body fluids as if they are contaminated.

True or False?

8) When rotating, it is important to look professional and maintain the 10/20 Protection Standard.

True or False?





# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter Three, *Reacting to an Emergency*

#### CRITICAL THINKING

- 1) What do you do if the guard to your right makes a rescue and raises a clenched fist while in the water?

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- 2) When does a pool or facility have to be cleared of remaining swimmers?

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- 3) Why should a stand-mounted phone be used for emergencies or official business only?

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- 4) How does having an EAP in place improve the safety of a facility?

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# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter Four, *Rule enforcement, Guest Relations, and Additional Responsibilities*

#### ASSESSMENT

1) What are three components of proper rule enforcement?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

2) What is the Golden Rule of guest relations?

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3) Name three actions you can take to help control a crowd:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

4) Every rescue requires careful documentation.

True or False?

5) Working as a lifeguard means you:

- a) Should expect to participate in regular in-service training.
- b) May have to perform related duties at your facility.
- c) Will be expected to maintain professional standards.
- d) All of the above.



### Chapter Four, *Rule enforcement, Guest Relations, and Additional Responsibilities*

#### CRITICAL THINKING

1) How would you handle an irate guest?

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2) What is the best way to enforce a rule?

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3) What types of related (non-lifeguarding) duties are included as part of a lifeguard's responsibilities?

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4) What benefits arise from positive guest relations between lifeguards and guests?

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5) Why is crowd control such an important concept during an aquatic emergency?

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### Chapter Five, *Guest on the Surface – Breathing*

#### ASSESSMENT

- 1) The difference between a distressed swimmer assist and a submersion incident rescue is that in a submersion incident, the guest is unconscious.

True or False?

- 2) The compact jump entry is performed with the legs apart.

True or False?

- 3) In order for a front drive to be the most successful, you must keep your arms straight and keep driving and kicking.

True or False?

- 4) Active guests in distress must always be approached from the front.

True or False?

- 5) Communication between lifeguards in a two-lifeguard rescue is not important.

True or False?

- 6) Why is it important to always try to grab underneath the armpit as soon as possible when assisting a guest?

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- 7) When making an assist or rescue, it is important to reassure the guest by \_\_\_\_\_  
to him or her.

- 8) When executing the approach stroke you should position the rescue tube in front of your chest.

True or False?





### Chapter Five, *Guest on the Surface – Breathing*

#### CRITICAL THINKING

##### Front Drive Rescue:

- 1) What are some of the things you can do if a guest grabs you while you are executing a front drive?

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- 2) Why should you talk to the guest? What should you say?

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- 3) For what type of distressed guest is the front drive rescue designed?

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### Chapter Five, *Guest on the Surface – Breathing*

#### CRITICAL THINKING *Cont.*

##### Rear Hug Rescue:

- 1) What should you do if the guest is distressed?

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- 2) What should you do if the guest is too big for you to wrap your arms around him or her?

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##### Two-Lifeguard Rescue:

- 1) What would you do if the guest became unconscious after the rescue was complete?

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- 2) What is necessary for effective teamwork during this rescue?

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- 3) What situation might cause a guest to be out of control and make a two-lifeguard rescue necessary?

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### Chapter Six, *Rescue Breathing and Airway Management*

#### ASSESSMENT

- 1) What three techniques can be used to open or maintain an open airway?
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
- 2) Which procedure is the most efficient method of airway management for a guest without a suspected spinal injury?  
\_\_\_\_\_
- 3) Which part of a resuscitation mask lowers your risk of exposure to infectious diseases?  
\_\_\_\_\_
- 4) How should you determine the volume of breath you give to a non-breathing guest?  
\_\_\_\_\_
- 5) What are three complications that can occur when using a resuscitation mask?
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
- 6) If repositioning the head and mask does not result in visible chest rise when a ventilation is attempted on an unconscious guest, you should begin:  
\_\_\_\_\_
- 7) For a conscious adult guest who has a complete airway obstruction, you should perform the Heimlich maneuver until the object is dislodged or the guest becomes unconscious.  
True or False?
- 8) For a conscious infant with a complete airway obstruction, you should give two back blows and five abdominal thrusts.  
True or False?



### Chapter Six, *Rescue Breathing and Airway Management*

#### CRITICAL THINKING

- 1) How would you manage the airway of a non-breathing guest who may have a spinal injury?

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- 2) If a manual suction unit is not effective, what other method can you use to remove bodily fluid from the mouth?

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- 3) If you do not see visible chest rise and fall during ventilations, does that mean the airway is obstructed?

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- 4) What does the repositioning of the airway/mask (after an initial attempt at providing a ventilation has failed) accomplish?

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### Chapter Seven, *CPR and AED*

#### ASSESSMENT

- 1) CPR Skills are easy to recall, even without practice.

True or False?

- 2) Put the following steps of the adult initial assessment in the correct order, starting with the first step:

- |   |       |
|---|-------|
| a) Survey the scene for safety  |       |
| b) Stop providing BLS care once the guest becomes responsive or EMS takes over care | _____ |
| c) If the guest is unresponsive, activate the EAP                                   | _____ |
| d) Shake and shout, "Are you okay?" while checking for Normal breathing             | _____ |
| e) Perform CPR, beginning with chest compressions                                   | _____ |
| f) Check for a pulse  | _____ |
| g) Attach the AED as soon as it is available  |       |

- 3) If a guest has a pulse but does not have normal breathing, what should you do?

\_\_\_\_\_

- 4) If a guest does not have a pulse, what should you do?

\_\_\_\_\_

- 5) An infant's pulse should be checked at the carotid artery in the neck for up to 10 seconds.

True or False?

- 6) If the first breath does not go in when you are performing rescue breathing, reposition the guest's head/mask and try again.

True or False?

- 7) Which link in the chain of survival is the most critical in restoring a normal heart rhythm after a cardiac arrest?

- a) Early activation of the EAP
- b) Early CPR
- c) Early Defibrillation
- d) Early advanced care



### Chapter Seven, *CPR and AED*

#### ASSESSMENT, *cont.*

- 8) The most common initial abnormal heart rhythm in a person undergoing cardiac arrest is:
- a) Normal sinus rhythm
  - b) Ventricular tachycardia
  - c) Ventricular fibrillation
  - d) Third-degree heart block
- 9) List the four general steps involved in the operation of any AED:
- a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
- 10) A guest has suddenly collapsed in the locker room. You see him as others catch and lay him on the ground. He is unconscious, does not have normal breathing, and has no pulse. If an AED is immediately available, your first step is to:
- a) Perform 2-minutes of CPR
  - b) Apply the AED
  - c) Call 9-1-1 or your local emergency number
  - d) Perform the Heimlich maneuver.
- 11) Treatment differs if a guest is found to have an implantable defibrillator or pacemaker.
- True or False?
- 12) When an AED is in use, how far should the rescue team and guest in distress be from water's edge?
- \_\_\_\_\_



### Chapter Seven, *CPR and AED*

#### CRITICAL THINKING

- 1) If an 11-month-old infant is too large for you to support on your arm for back blows or chest thrusts, what should you do?

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- 2) If the guest vomits while you are performing CPR chest compressions, what should you do?

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- 3) When should you stop CPR?

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- 4) What do you do if you see fluid or vomit in the mouth?

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### Chapter Seven, *CPR and AED*

#### CRITICAL THINKING *cont.*

- 5) Why is it so important to start chest compressions as quickly as possible?

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- 6) When should you perform Rescue Breathing?

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- 7) The AED reports “no shock advised.” What should you do next?

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- 8) If you fail to wear gloves when removing a medical patch, what may occur?

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### Chapter Eight, *Supplemental Oxygen Support*

#### ASSESSMENT

- 1) The value of aiding resuscitation procedures by applying supplemental oxygen has not been clearly established.

True or False?

- 2) The delivery systems recommended for lifeguard use employ a portable oxygen cylinder with a continuous flow regulator providing oxygen at a rate of up to 15 liters per minute.

True or False?

- 3) At the beginning of each day, the oxygen delivery system should be checked for proper functionality.

True or False?

- 4) In a submersion event, supplemental oxygen should be on-site and ready for use as soon as possible.

True or False?

- 5) How many rescuers are needed to use a bag valve mask most effectively? \_\_\_\_\_

#### CRITICAL THINKING

- 1) If you were alone, how would you supply supplemental oxygen to a non-breathing guest with a pulse?

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- 2) When should an oxygen cylinder be replaced?

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- 3) Why should the supplementary oxygen system be checked daily?

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### Chapter Nine, *Guest on the Surface – Not Breathing*

#### ASSESSMENT

- 1) Once you have executed an unconscious guest rescue skill and the guest is on the rescue tube, what is the next action to be executed?

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- 2) List three things you may have to do to adapt a rear hug for use with an unconscious guest:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

- 3) Why is it important to start rescue breathing in the water?

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- 4) Placing an unconscious guest on the rescue tube, with the rescue tube under the guest's back, is usually an ideal way to Place the guest in a natural open airway position.

True or False?

- 5) It is important to remove an unconscious guest from the water quickly, with minimal risk of injury to the guest or the rescuer.

True or False?

- 6) Another word for removal is extrication.

True or False?

- 7) A method of removing a non-breathing guest that is both quick and safe is using a backboard.

True or False?



### Chapter Nine, *Guest on the Surface – Not Breathing*

#### CRITICAL THINKING

- 1) When would you use the non-spinal extrication technique?

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- 2) Assume that, for some reason, your backboard is not readily available and it will take a minute or so for it to arrive. What are your options?

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- 3) What complications might occur when attempting to provide ventilations in the water?

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### Chapter Ten, *Submerged Guest*

#### ASSESSMENT

- 1) Although a guest is submerged just a couple of feet, he or she may be unable to get the surface.

True or False?

- 2) What should you do to help prevent pulling yourself into the guest or pulling yourself over the top of the rescue tube?

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- 3) What is the procedure used to rescue a submerged guest within reach?

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- 4) An unconscious guest could be face down on the surface of the water or on the bottom of the pool.

True or False?

- 5) When surface diving to the bottom, you should descend \_\_\_\_\_ first.

- 6) After surface diving to the bottom, where should you position yourself in relation to the guest?

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- 7) If a guest is submerged in deep water and is conscious, where should you place the rescue tube in relation to the guest's body when you reach the surface of the water?

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- 8) What should you do if a guest is unconscious and not breathing when you reach surface?

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### Chapter Ten, *Submerged Guest*

#### CRITICAL THINKING

- 1) What should you do if the guest grabs your arm when you attempt to use the duck pluck rescue?

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- 2) What should you do if you cannot reach the guest using the duck pluck rescue?

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- 3) What should you do if a guest becomes unconscious after you place the rescue tube in front of him or her?

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- 4) What should you do if a conscious guest struggles against your rescue attempts?

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### Chapter Eleven, *Spinal Injury Management*

#### ASSESSMENT

- 1) Which of the following conditions is a sign of possible spinal injury?
  - a) Pain in the neck or back
  - b) Inability to move
  - c) Bruising or deformity
  - d) All of the above
  
- 2) The technique used to minimize movement of a guest's head and neck in the water is called the spine splint.  
  
True or False?
  
- 3) Which of the following statements about the Vise Grip is true?
  - a) It requires the guest's arms to be positioned at his or her sides.
  - b) It requires two or more lifeguards to perform the technique.
  - c) It requires the lifeguard to place the guest's arms next to the guest's ears.
  - d) It requires the lifeguard to keep the guest face down in the water.
  
- 4) The Vise Grip can be performed:
  - a) In shallow or deep water.
  - b) On a conscious or unconscious guest
  - c) On a guest at the surface or one who is submerged.
  - d) All of the above.
  
- 5) When a guest is being backboarded due to a suspected spinal injury, it is acceptable to release the support of the guest's head to remove the guest from the water.  
  
True or False?



### Chapter Eleven, *Spinal Injury Management*

#### CRITICAL THINKING

- 1) In what situations would the Vise Grip be used?

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- 2) How should you apply the Vise Grip if a guest were:

- a) Sitting on the side of the pool?

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- b) Standing in the water?

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- 3) If you had to perform two-lifeguard backboarding in deep water, how would you make it work?

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- 4) Why do circulation, airway, and breathing take priority over careful spinal immobilization?

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# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter Twelve, *Handling Risks*

#### ASSESSMENT

- 1) For each of the physical conditions listed, name one action you can take to minimize the effects.
  - a) Dehydration: \_\_\_\_\_
  - b) Skin Damage: \_\_\_\_\_
  - c) Eye Damage: \_\_\_\_\_
- 2) If you are involved in a lawsuit, it could take many years to resolve and could have a significant impact on your future.  
True or False?
- 3) You should attend 1 hour of in-service training per month.  
True or False?
- 4) The best way to protect yourself from legal liability is to be attentive, efficient, and skilled.  
True or False?
- 5) List four things you can do to reduce the emotional effects of being involved in a submersion event.

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### Chapter Twelve, *Handling Risks*

#### CRITICAL THINKING

- 1) How could a lawsuit affect you, even if you were not the primary lifeguard performing a rescue?

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- 2) How might your failure to drink an adequate amount of fluid or wear appropriate sunglasses become factors in a lawsuit against you?

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- 3) What are strategies you can use to manage stress associated with a traumatic rescue event?

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### Chapter Thirteen, *Injuries and Medical Emergencies*

#### ASSESSMENT

- 1) Basic care skills, if not performed, could lead to additional injury and possible death.

True or False?

- 2) Life-threatening emergencies are those that compromise a guest's responsiveness, circulation, breathing, or airway in any manner, including those situations with massive bleeding.

True or False?

- 3) As a lifeguard, your safety comes second to the guest's.

True or False?

- 4) The very first thing you should do after encountering an injured or ill guest is to perform a secondary check.

True or False

- 5) During the secondary check, you are checking responsiveness, breathing, and circulation.

True or False

- 6) Match the sign or symptom with its type of burn:

_____ Blisters of varying size on skin surface	a. Superficial
_____ Multicolored wounds	b. Partial-thickness
_____ Red skin, slight swelling	c. Full-thickness



# INTERNATIONAL LIFEGUARD TRAINING PROGRAM™

## LIFEGUARD CANDIDATE REVIEW DOCUMENT

### Chapter Thirteen, *Injuries and Medical Emergencies*

#### ASSESSMENT *cont.*

- 7) Treatment for muscle, bone, and joint injuries should begin only after problems found in the primary check have been cared for properly.

True or False?

- 8) To treat fainting without head or neck injury, you should monitor the guest's responsiveness, breathing, and circulation, and loosen restrictive clothing.

True or False?

- 9) There are many different causes of seizures and each must be treated differently.

True or False?

- 10) The type of shock that occurs when the body has a severe allergic reaction is called \_\_\_\_\_.

#### CRITICAL THINKING

- 1) How would you care for a guest who has severe bleeding and is not breathing with a pulse?

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- 2) How would you care for a guest who is diabetic, states he feels faint, has eaten very little, and has been physically active at your facility?

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### Chapter Fourteen, *Open Water Lifeguarding*

#### ASSESSMENT

1) List four common causes of incidents at waterfront facilities:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

2) What is the purpose of the flag system?

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3) In calm water areas, at what time of day is visibility usually the best?

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4) Give two examples of rescue equipment used at open water facilities but not at pools and waterparks:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

5) Identify four weather factors that you should be aware of as a waterfront lifeguard.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

6) Identify and describe the two search techniques you will use if you suspect that a missing guest is submerged.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

## Chapter Fourteen, *Open Water Lifeguarding*

## CRITICAL THINKING

- 1) How would you quickly organize a team of lifeguards to reach for a missing person?

[illegible]

- 2) How would you get the attention of a swimmer who is out beyond the designated swimming area at your facility?

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## NOTES

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