



Course Syllabus

Course: Lifeguard Training

Course length: 22 – 26 hours

Description:

The International Lifeguard Training Program™ (ILTP®) is a comprehensive training program with an objective driven and performance based curriculum. It designed to provide foundational aquatic safety concepts, techniques, best practices, and the latest standards utilized in modern aquatic facilities, located anywhere in the world. The integrated curriculum includes professionalism, proactive management of guests, incident prevention strategies, guest surveillance, water rescue techniques, standard first aid, health care provider CPR, emergency oxygen support, and automated external defibrillation.

Students will perform on deck and in water simulations, drills and exercises for rescue techniques as an individual and in team scenarios. Students will also spend time practicing actual lifeguarding throughout the course, with incorporated drills highlighting vigilance. Once students have been given the opportunity to master concept and skill techniques, students are required to demonstrate their competency in each area to meet the objective of the skill or concept. Final test outs include practical demonstration of skills through individual and team management of various emergency situations, as well as a final written exam requiring an 80% or better score.

The lifeguard course is presented as a specific course type, resulting in a corresponding credential or license upon successful completion. Course types include: Shallow water; Pool; Special Facilities with wave pools; Special Facilities with open water. Training will also include the confirmation of ability at specific depths associated with the training facility and/or the facility at which the lifeguard will eventually be employed.

The ILTP® lifeguard course is presented in a blended or traditional leader-led format, with student reference materials available in English, Spanish, Portuguese, Thai and simplified Chinese, among other languages. Students who successfully complete the ILTP® Lifeguard course obtain an ILTP® certificate or license that is valid for one (1) year. Annual renewal is required.

The International Lifeguard Training Program™ is compliant with national and international standards of care and best practices, including the most recent Model Aquatic Health Code (MAHC) and the International Liaison Committee on Resuscitation (ILCOR) ECC Guidelines. All Ellis Education Services courses are accredited through the International Association for Continuing Education & Training (IACET). CEUs may be available upon request.

Student Prerequisites:

- Be at least 15 years of age (Shallow and Pool) or 16 years of age (Special Facilities) by the conclusion of the class.
- Have access to an electronic or printed copy of the ILTP® course textbook and/or eLearning content, and other course materials.
- By the conclusion of the class, complete the swim and other in-water requirements for the course type in which they are participating (as follows).

Shallow Water Course

- Swim 50 yards without stopping (breaststroke, front crawl stroke, or a combination may be used).
- Swim underwater a distance of 10 ft. in a maximum depth of 5 ft. of water to retrieve a 10-lb. brick and bring it to the surface.

Pool Course

- Swim 100 yards without stopping (breaststroke, front crawl stroke, or a combination may be used).
- Perform a feet-first surface dive, retrieve a 10-lb. brick, and bring it to the surface.
- In deep water, tread water without using hands or arms for 1-minute.

Special Facilities with wave pool or with open water courses

- Swim 200 yards without stopping (breaststroke, front crawl stroke, or a combination may be used).
- Perform a feet-first surface dive, retrieve a 10-lb. brick, and bring it to the surface.
- In deep water, tread water without using hands or arms for 2-minutes.



Course Syllabus (continued)

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Student Outcomes - by the conclusion of the class, students will be able to:

1. Explain in one's own words and provide a demonstration of what it means to be a professional and accountable lifeguard. This explanation will include a personal accounting of the responsibility of a lifeguard and why lifeguards are important.
2. Explain in one's own words and provide a demonstration on how they will protect themselves from the environment (sun, heat, etc.), from the effects of boredom, from fatigue, and from blood borne pathogens. The explanation will include thorough knowledge of all protocols, devices, and personal protection equipment appropriate for each situation.
3. Explain strategies and concepts associated with proper guest relations, customer service, rule enforcement, and proactive prevention of incidents both minor and major at an aquatic facility.
4. Explain in one's own words the 10/20 Protection™ standard and describe how it relates to the drowning process. Open Water course participants will also explain the 10/3 Protection™ standard and the procedure for conducting a 3-min search.
5. Describe and demonstrate how lifeguards work together as a team including Zone Coverage®, lifeguard rotations (including the proactive bottom scan procedure), communication between staff and guests, and the concepts associated with an emergency action plan.
6. Analyze and describe the characteristics and physical attributes for a guest in distress in the water (responsive and unresponsive) and then demonstrate vigilance awareness. This demonstration utilizes scanning strategies and techniques designed to maintain vigilant supervision of their assigned Zone of Protection® area (including recognizing a guest in distress located on the surface, below the surface, and the bottom of a pool).
7. Identify and perform the appropriate rescue techniques and standard of care for responsive guests in distress found in various aquatic environments and depths, consistent with the course type in which they are participating.
8. Identify and perform the appropriate rescue techniques and standard of care for unresponsive guests in distress found in various in aquatic environments and depths, consistent with the course type in which they are participating.
9. Identify and perform the appropriate rescue techniques and standard of care for guests in distress with suspected spinal emergencies found in various in aquatic environments and depths, consistent with the course type in which they are participating.
10. Identify and apply the appropriate standard of care for an emergency requiring health care provider level basic life support or first aid care, using all appropriate techniques and protocols as a single rescuer or functioning in a team response. This will include thorough knowledge of and an ability to use all devices and equipment needed to provide effective care in aquatic and non-aquatic emergency situations.

Student Evaluation – successful completion includes:

- Completing any assigned pre-course work and demonstrating course prerequisites.
- Attending all scheduled class times and being prompt at each session.
- Demonstration of all defined student learning outcomes.
- Successfully completing all items and skills provided in the Skills Competency Workbook.
- Achieving a score of 80% or higher on the course final written exam and successful demonstration of abilities in the final practical individual and team test outs.
- Conducting oneself professionally during the course.
- Courses resulting in a Lifeguard License require compliance with and acceptance of the Lifeguard License Agreement.

Course Completion Credentials:

- Lifeguard Training (course completion certificate or Lifeguard License)
- Health care provider level Basic Life Support (CPR, AED, Supplemental Oxygen Support)
- Standard First Aid

Student credentials are available once the instructor closes out the class in the Ellis PECTORA system. Students are encouraged to evaluate their class when they receive their credentials. Students in courses where a Lifeguard License is awarded upon successful completion will not see it generated in the portal. If you wish a copy of the license, you must make this request of your class instructor or supervisor.