

International Lifeguard Training Program™

Shallow Water Attraction Lifeguard

Course Delivery Guidelines

The ILTP® **Shallow Water Attraction Lifeguard** course is designed to be used at aquatic facilities which operate attractions that have a water depth of approximately 3.5 feet / 1 meter or less. Applicable shallow water attractions may include: children's activity pools, wading pools, zero depth entry pools, lazy rivers, water slide catch pools, water slide runouts, hot tubs, therapy pools, and pools used for children's swimming lessons, among others. Aquatic facilities with attractions that have maximum water depths which exceed 3.5 feet / 1 meter should use the appropriate course for their water depth, as described below:

Appropriate ILTP® Lifeguard Courses by Operational Depth of Aquatic Facility Attractions

Shallow Water Attraction Lifeguard
3.5 ft / 1 m or less

Shallow Water Lifeguard
Over 3.5 ft / 1 m up to 5 f / 1.52 m

Pool Lifeguard / Special Facilities Lifeguard
Depths exceeding 5 ft / 1.52 m

Training Venue

Ideally, the operational facility at which successful candidates may be employed following the course will be used for training. If this is not possible, the training venue should have aquatic attractions and/or water depths similar to those used at the operational facility to approximate that setting. In either case, it is always recommended that newly trained or hired lifeguards receive additional site-specific, pre-service training at the operational facility after successful course completion and prior to assuming full responsibilities as a lifeguard.

Prerequisites

By the conclusion of the course, Shallow Water Attraction Lifeguard candidates must be at least 15 years old and able to demonstrate the following abilities:

- Swim 25 yards/meters without stopping using the front crawl stroke or breaststroke.
- Retrieve a 10 lb / 4.53 kg brick from a depth of 3.5 feet / 1 meter (or the deepest operational facility water depth, if less than 3.5 feet / 1 meter) while standing directly above placement.
- Exit shallow water attractions (depth not exceeding 3.5 feet / 1 meter) without requiring the use of a ladder.

Delivery

ILTP® instructors follow the standard curriculum of the International Lifeguard Training Program™, covering concepts introduced in the International Lifeguard Training Program™ student manual, ILTP® Easy Guide, or the ILTP® eLearning course. This includes training covering surveillance of the water, 10/20 Protection™, zone coverage, recognizing a guest in distress, ILCOR/ECC compliant Healthcare Provider level Basic Life Support CPR/AED, supplemental oxygen administration, standard first aid, OSHA compliant blood and air borne pathogen protection, among other skills and concepts. ILTP® water rescues and related skills which are appropriate for this course are taught, practiced, and evaluated in water depths not exceeding 3.5 feet / 1 meter. These are as follows:

Responsive Guest Assists and Rescues

- Deck assists
- Grab and Lift
- Front Hug
- Front Drive
- Rear Hug
- Duck Pluck

Unresponsive Guest Rescues

- Unresponsive Rear Hug
- Unresponsive Duck Pluck
- In-water Care
- Rapid Extrication
- Post Extrication Care

Suspected Spinal Injury Skills (Spinal Motion Restriction)

- Seated/Standing SMR
- Underarm Vise Grip SMR
- Overarm Vise Grip SMR
- Shallow Water backboarding
- Runout backboarding (if present)

As required in all ILTP® courses, ILTP® instructors confirm the satisfactory competency of students using the *Skill Competency Workbook* prior to final examination.

Final Examination and Course Completion

Once all course appropriate skill competencies have been confirmed, final practical examination is proctored by ILTP® instructors assigned to the lifeguard class. Aquatic skill scenarios are performed in water not exceeding 3.5 feet / 1 meter and will otherwise follow the same requirements as all other ILTP® courses. Similarly, the final written exam can be taken using the online ILTP® exam via instructor registration in Pectora once all other course objectives have been accomplished or be proctored in person using the traditional printed written exam at the conclusion of the course. When closing out the class in Pectora, the assigned Lead ILTP® instructor will identify each successful candidate on the class roster with a "Pass" status, a training water depth of 3.5 feet / 1 meter (or less if appropriate), and selection of "Shallow Water Attraction Lifeguard" for course completion type.

Please contact your E&A representative with any questions or email at education@jellis.com