

# [Lifeguarding: swimming pool and associates professional lifeguard](https://assignbuster.com/lifeguarding-swimming-pool-and-associates-professional-lifeguard/)

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Cortny Handorf Professor Richey English 1301 December 4, 2012 Life Savers Growing up, the job title “ lifeguarding” said it all to me. Swimmingpools and aquatic attractions were always the most fun places to go with thefamily. I always looked up to lifeguards as if they were some sort of a hero. They made me feel secure and safe although I've always been an excellent swimmer. It seemed as if they had the ideal job, so when I got older I took the first opportunity to become my own hero. I started out being just a lifeguard and then soon advanced quickly to a lifeguard instructor.

I even was promoted to becoming the facilities Aquatics Director. Through this journey, I had the chance to experience how rewarding being a lifeguard truly is and was able to be many of others hero. There are several specific techniques on how to be an Ellis and Associates professional lifeguard. The first step in how to be an Ellis and Associates professional lifeguard is to pass all the prerequisites. This includes being able to swim 200 yards and to tread water for two minutes. After passing those, people must take the international lifeguard training course through Ellis (ILTP).

This program prepares them for what it takes to be professional. This course also teaches how to anticipate, recognize and manage aquatic emergencies. It is a requirement that Ellis lifeguards be accountable and responsible. After all, they are the crucial, front line components of water safety at an aquatic facility. Being prepared, pleasant, vigilant, knowledgeable, and always in proper uniform reflect upon the professional image of a lifeguard. When a lifeguard looks and acts professional the facility will reflect upon their actions, and the guest will respond to their request more efficiently.

Lifeguards should also speak with authority to insure rule enforcement. The second step in how to be an Ellis and Associates lifeguard is to learn the variety of rescues. Each lifeguard is assigned a specific zone of protection. This is commonly referred to as their station or position they are responsible for. Within the zone of protection, each Ellis lifeguard is required to keep a vigilant 10/20 protection standard. This means they have 10 seconds to spot a guest in distress, and 20 seconds to reach the guest to administer aid.

There are several different ways to scan a zone of protection, and everyone’s technique will be different. Practicing these techniques will assure vigilance, and help the guard stay focused. During an emergency, lifeguards have to be able to keep calm, speak loud and clear to be able to control a surrounding crowd. All Ellis lifeguards will also have to be CPR certified through Ellis. The lifeguards preform CPR until EMS shows up to take over. The third step in how to be an Ellis and Associates lifeguard is to know each facilities emergency action plan (EAP).

Every aquatic facility has an EAP and should be practiced daily. It is important for all employees to know their role in the state of an emergency. Communicationbecomes very crucial when an EAP has been activated. Most lifeguards use their whistles to communicate in this process. For example, the waterpark I was at used two long whistle blasts to activate an emergency. However, EMS is not always going to be called for a tiny scratch or slight sunburn. That means all lifeguards also have to know how to render first aid. By the end of the course, some people learn they are not cut out for this type of job.

Therefore, after they have completed the 24 hour course and have passed the written exam at least by 80 percent, then they will be certified lifeguards. After they complete this, they now have to attend weekly in-services to keep their skills sharp. In conclusion, these are brief techniques on how to be an Ellis and Associates professional lifeguard. Being a lifeguard is harder than what some people may think. At the end of each day, lifeguards must be able to prioritize their actions in order to save lives when needed. They may not be doctors or nurses; however, they are life preservers.