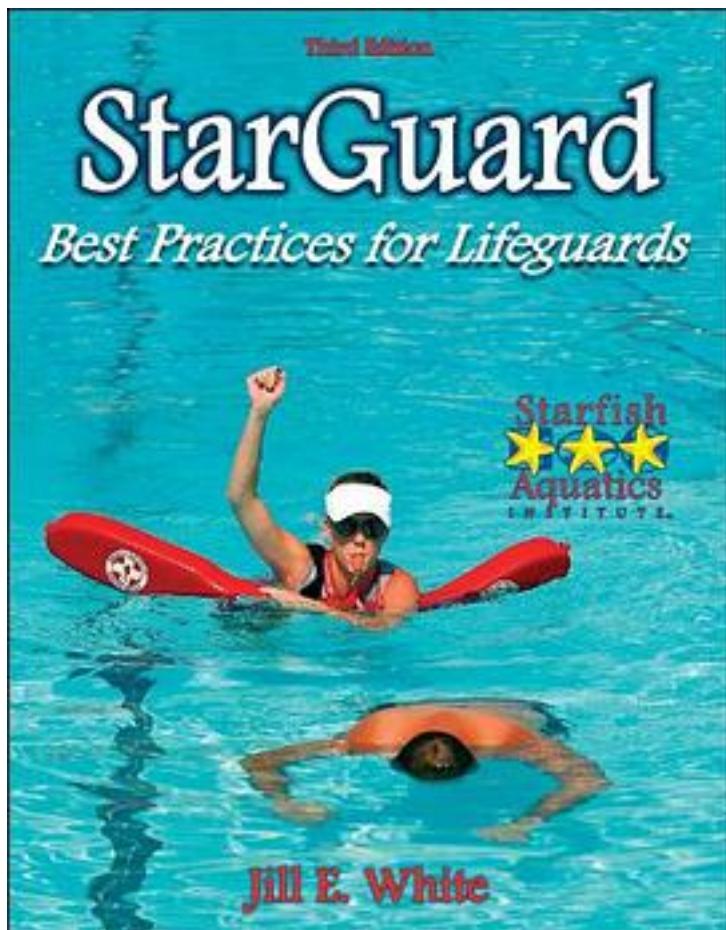


# StarGuard



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"StarGuard: Best Practices for Lifeguards, Third Edition, " gives you the tools you need to become a skilled and knowledgeable lifeguard in a pool, water park, waterfront, or wilderness setting. It emphasizes the essential knowledge you need, with material on

prevention, surveillance, emergency care, aquatic rescue, professionalism, and personal safety. The text integrates the American Heart Association 2005 Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care, which include recommendations for first aid treatment. "StarGuard: Best Practices for Lifeguards, Third Edition," is designed to make learning easy for new lifeguards and reinforce what veteran guards have already learned. It includes step-by-step instructions and detailed photos and drawings to help you learn new techniques and best practices. Emphasis is on key points that are crucial for effective lifeguard training. Explanations are short and to the point, and they relate directly to lifeguarding. This concise coverage of important topics makes it easy for you to determine what really makes a difference in saving people's lives. "StarGuard: Best Practices for Lifeguards, Third Edition," is the manual for the Starfish Aquatics StarGuard lifeguard training course, which involves hands-on scenario training provided under the facilitation of a StarGuard instructor. Together, the manual and course prepare lifeguards for actual situations on the job. From pool surveillance techniques and prevention to emergency care, the manual covers all of the ins and outs of lifeguarding in an easy-to-understand format. The "StarGuard: Best Practices for Lifeguards" online course is also available. For more information click here to visit the course page on the Aquatic Education Center.

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