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Starguard: Best Practices for Lifeguards (Paperback)

By Jill E White

Human Kinetics Publishers, United States, 2012. Paperback. Book Condition: New. 4th. 277 x 213 mm. Language: English . Brand New Book. The fourth edition of StarGuard: Best Practices for Lifeguards assists lifeguard candidates in preventing, recognizing, and responding to water emergencies in pool, water park, and waterfront settings. Combined with hands-on, scenario-based training sessions taught by authorized StarGuard instructors, the updated text and accompanying web resource teach the essentials of lifeguarding: prevention, surveillance, response and rescue, emergency care, and workplace safety and professionalism. Focusing on specific strategies for decision making, StarGuard: Best Practices for Lifeguards, Fourth Edition, offers an integrated approach to lifeguard training: - Strategies for reducing risk at recreational aquatic venues - Strategies for identifying distress and drowning - Physical and decision-making skills necessary for response and rescue, including details on performing land-based assists and water-based rescues - Emergency care skills necessary in the event of a drowning, injury, or illness, including suspected spinal injuries - Adapting lifeguarding skills to special situations, such as single-guard facilities, wilderness settings, special events, or working with disabled individuals - Expectations for professional behavior and performance - Strategies for minimizing the risk of workplace injury The updated fourth edition contains the latest...


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