



# StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards

*Jill White*

Download now

[Click here](#) if your download doesn't start automatically

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 research on best practices in lifeguarding and lifesaving, including the most current CPR/AED and first aid content based on the American Heart Association 2010 *Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*. Readers will also find new information on victim recognition, when and how to initiate a systematic method of emergency response, adapting CPR and rescue skills for an unresponsive drowning victim, and workplace safety. Integrating each of these components into an experiential methodology of training lifeguards is a hallmark of the StarGuard certification program.

The fourth edition also includes several new and improved learning features. Learning objectives appear at the beginning of each chapter, and key skills and knowledge are highlighted in Best Practices sidebars throughout the text. Skill guides with clear descriptions and photos offer a concise reference for the proper performance of the physical skills of lifeguarding. Knowledge Into Practice sections assist readers in applying concepts in on-the-job situations. In addition, readers can learn more about key competency requirements and performance expectations in each chapter's On the Job section. Also accompanying the text is a new web resource containing over 80 interactive multimedia learning activities to assist readers in developing their knowledge. A list of chapter-related learning activities in the web resource concludes each chapter.

From surveillance techniques to prevention and emergency care, *StarGuard: Best Practices for Lifeguards, Fourth Edition*, covers all aspects of lifeguarding in an easy-to-understand format. Together, the textbook, online resource, and hands-on training course prepare lifeguards with the decision-making, emergency response, first aid, and lifesaving skills necessary for preventing water emergencies and saving lives.

## **Download and Read Free Online StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards Jill White**

---

### **From reader reviews:**

#### **John Solorio:**

The event that you get from StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards may be the more deep you rooting the information that hide inside words the more you get serious about reading it. It doesn't mean that this book is hard to be aware of but StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards giving you enjoyment feeling of reading. The article author conveys their point in selected way that can be understood by simply anyone who read the idea because the author of this guide is well-known enough. This particular book also makes your own vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this specific StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards instantly.

#### **Robert Marques:**

Reading a guide tends to be new life style with this era globalization. With reading you can get a lot of information that could give you benefit in your life. Along with book everyone in this world may share their idea. Guides can also inspire a lot of people. A great deal of author can inspire their reader with their story as well as their experience. Not only the storyplot that share in the textbooks. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors nowadays always try to improve their expertise in writing, they also doing some study before they write to their book. One of them is this StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards.

#### **Tammara Dejesus:**

Typically the book StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards has a lot of information on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. The author makes some research ahead of write this book. That book very easy to read you can obtain the point easily after looking over this book.

#### **Randall Rearick:**

Book is one of source of understanding. We can add our understanding from it. Not only for students but also native or citizen require book to know the upgrade information of year for you to year. As we know those publications have many advantages. Beside many of us add our knowledge, can also bring us to around the world. With the book StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards we can consider more advantage. Don't you to definitely be creative people? For being creative person must love to read a book. Just simply choose the best book that ideal with your aim. Don't become doubt to change your life at this book StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards. You can more pleasing than now.

**Download and Read Online StarGuard With Web Resource-4th  
Edition: Best Practices for Lifeguards Jill White #8FHP0OEBUR1**

## **Read StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards by Jill White for online ebook**

StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards by Jill White Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards by Jill White books to read online.

## **Online StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards by Jill White ebook PDF download**

**StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards by Jill White Doc**

**StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards by Jill White Mobipocket**

**StarGuard With Web Resource-4th Edition: Best Practices for Lifeguards by Jill White EPub**