



STREAMLINED LIFEGUARD TRAINING USER GUIDE

Welcome to your E&A ILTP Lifeguard Course! Get ready for a great job and the opportunity to learn valuable lifetime skills.

What To Expect When Registered for the ILTP Lifeguard Course

ILTP Lifeguard Online Program:

When you register for your ILTP Lifeguard Course you will receive a confirmation email. This confirmation email will include information on creating your profile in Pectora from which you can access your course materials from your Dashboard. If you have an existing profile you can simply log in to see your course materials. From your Dashboard you will see a list of your upcoming classes. Select 'Classes' and then 'Open Course' to access your Lifeguard Online (e-learning) program. Lifeguard candidates must complete all 19 modules.

The screenshot shows the Pectora dashboard. On the left is a navigation menu with 'Dashboard', 'Feed', 'Classes', and 'Support'. The main content area has a 'Hello Steven!' greeting, an 'Introducing Pectora' section, a 'Feed' section with a search bar and 'No Articles found' message, and a 'Classes' section. The 'Classes' section features a cartoon character and two 'UPCOMING' course cards. The first card is for 'Safety & Health Instructor' starting on Apr 12 2020 at 8 am, with a 'View All My Classes' button circled in red. The second card is for 'Lifeguard Training' starting on Apr 30 - May 04, 2020 at 2 pm. Below this is a 'My Classes' table with columns for Start Date, Course, Online Course, Details/Materials, Class ID, Instructor, Result, Credential, and Survey. The table lists two classes: 'Lifeguard Training' (Class ID 1005-4751) and 'Safety & Health Instructor' (Class ID 1005-7591). The 'Open Course' button for the first class is circled in red.

Start Date	Course	Online Course	Details/Materials	Class ID	Instructor	Result	Credential	Survey
04/30/2020	Lifeguard Training	Open Course	View Class	1005-4751	Joe Stefanyak			
04/12/2020	Safety & Health Instructor		View Class	1005-7591	Joe Stefanyak			

Online ILTP Lifeguard Exam

Upon completion of the ILTP online course, you will receive an email invitation to take the ILTP Written Exam (also online). Ideally, you will complete the exam with a passing score prior to attending the Practical Skills Assessment. The exam has 50 multiple choice questions. You will have 2 attempts to achieve 80% or better. Please complete the full exam in one session.



Additional Resources

Before attending the Practical Skills Assessment, you should review ALL of the 'Additional Resources' (see below) available in the course 'Materials' link in your student Dashboard view of Lifeguard Training. These resources can be found at the bottom of the page once candidates have entered the "Materials" area, and include the course syllabus, a general course information sheet, the Student Skill Competency Workbook, and all of the video resources. You will also have access to the full ILTP textbook, and the EAsyGuide.

UPCOMING

HIS

Lifeguard Training In Progress

Feb 16 - May 09, 2020 at 3:30 pm

Splash Kingdom Wild West
Weatherford, TX

Online course available *

[Start Course](#)

What's this ?

[Details](#) [Materials](#) [Textbook](#)

Primary Instructor
Lorena Vazquez

Practical Skills Assessment

Be prepared to attend the Practical Skills portion of the course where you will meet with your instructor(s) in-person to complete the hands-on part of the class.

Credentials

Upon successful completion of the Practical Skills Assessment, the instructor will issue credentials. Congratulations, you are now an E&A Lifeguard!

Should there be any questions regarding the Lifeguard Course, please contact your ILTP instructor directly.



Additional Resources

Additional resources available to you as a lifeguard candidate to better prepare you for the practical portion of the training include:

- Online ILTP Written Exam
- Basic Life Support (BLS) Skills Videos
- In-Water Skills Videos
- Equipment Review Videos
- Student Skill Competency Workbook

You will have access to all of the above-mentioned distance learning training materials as part of your Lifeguard Course student portal.

Your instructor(s) will verify you have completed and/or reviewed each of the above items prior to attending the in-person portion of the course.

What will Lifeguard Training days look like, what can I expect as the student and how can I be best prepared?

How can I be best prepared for the Lifeguard Course?

Lifeguard candidates can be best prepared for a successful lifeguard training course by following the directions outlined above and taking the time to review all of the additional resources once you have completed the ILTP Online Course and Online Exam. These additional resources will provide a visual introduction to the practical skills you will perform during in-person training

What do I need to bring with me to class?

In addition to swimsuit(s), towel(s), rash guard and other suggested pool needs, you should also bring with you a personal face covering. You may also wish to bring your own hand sanitizer as well.

Should I self-screen prior to leaving for class?

Yes. Prior to coming to the class location and leaving your home you should self-screen yourself, using the questions below. If you answer YES to any of the 4 questions, do not report to course location and seek advice of a medical professional.

1. In the past 24 hours have you had any of the following symptoms (2 or more symptoms precludes employee from working); a) fever or chills, b) cough, c) shortness of breath or difficulty breathing, d) fatigue, e) muscle or body aches, f) headache, g) recent loss of taste or smell, h) sore throat, i) congestion, j) nausea or vomiting, k) diarrhea?
2. Within the past 14 days have you been in close physical contact (6 feet or closer for at least 15 minutes) with a person who is known to have laboratory-confirmed COVID-19 or with anyone who has any symptoms consistent with COVID-19?
3. Within the past 14 days has a public health or medical professional told you to self-monitor, self-isolate or self-quarantine because of concerns about COVID-19 infection?
4. Have you had a positive COVID-19 test for active virus in the past 10 days?



Prior to entrance into the training course you will be health screened in person and this screening may or may not include a temperature check. Anyone with a temperature above 100.4 will not be permitted into the course. Immediately following the screening all students will wash or sanitize their hands.

Pre-Course Safety Training

Your Lead Instructor will provide all students with a safety briefing prior to starting the course. The safety briefing will review the following;

- All students will be required to wear face coverings (except for in water training).
- Exam gloves will be readily available for use by students at any time and will be required during practical training.
- Students will be encouraged to wash and/or sanitize hands frequently. As a general rule hand washing and hand sanitizing should occur before class, after eating, after using restroom, after any session breaks and at the completion of training.
- Additional protective equipment will be implemented as part of practical training including protective eyewear and viromax filters.
- Cohort groups of 4 or 5 students will be utilized during practical skills training. Cohorts will remain in the same cohort for the duration of the training course.
- Hand sanitizer will be readily available for use during class.
- Disinfection of all equipment will be completed before class, after each use and after completion of training.
- Students will use their own resuscitation mask during class. Disinfection resources will be available for use by students.