



## StarGuard 5th Edition With Web Resource: Best Practices for Lifeguards (Paperback)

By Starfish Aquatics Institute

Human Kinetics Publishers, United States, 2016. Paperback. Condition: New. 5th edition. Language: English . Brand New Book. StarGuard: Best Practices for Lifeguards, Fifth Edition, assists lifeguard candidates in preventing, recognizing, and responding to water emergencies in pool, waterpark, 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. StarGuard: Best Practices for Lifeguards provides specific strategies for decision making. With this authoritative yet accessible guide you will learn the following: - Strategies for reducing risk at recreational aquatic venues - Essential skills for response and rescue, including how to perform land-based assists and water-based rescues - How to recognize indicators of and critical events that can lead to distress and drowning - Emergency care skills in the event of a drowning, injury, or illness, including suspected spinal injuries - Techniques for adapting lifesaving skills for special situations, such as single-guard facilities, inflatable play structures, special events, or lifeguarding individuals with disabilities - Proper techniques for dealing with bodily fluids and fecal contaminations to reduce the risk of recreational water illness The updated...



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