

Other Training Resources



The American Heart Association Family & Friends CPR Anytime personal learning kit is an innovative way to provide a student with a personal manikin for CPR practice. The manikin is easily portable, realistic, and can be used to practice almost anywhere. After the student has completed the course, the CPR Anytime kit can be passed on to family and friends so that they can learn CPR. Family members or friends are often the only person that can respond if an emergency happens in the home, and now they can learn how to save a life with CPR by watching the instructional video that is included and practicing on the manikin.

Family and Friends CPR Anytime Kit

American Heart Association
©2007 · Kit with CPR manikin and instructional DVD
ISBN 978-0-87493-487-8
\$30.00 (\$41.50 CDN, \$52.80 AUS, \$63.00 NZ)

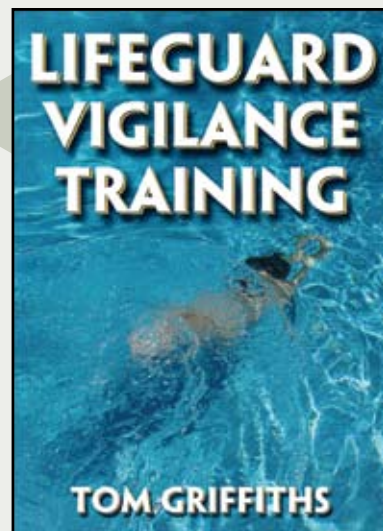


The *Lifeguard Vigilance Training* DVD helps ensure lifeguards meet the challenges of staying alert and prepared while on the job. For the first time ever, two videos, *Disappearing Dummies: Why Lifeguards Can't See* and the *Five Minute Scanning Strategy*, are combined conveniently on one DVD. World-renowned aquatic safety expert Dr. Tom Griffiths explains the challenges caused by visual body blindness and introduces new techniques to stay more alert and focused while lifeguarding.

This DVD first proves the difficulty of seeing and identifying a body at the bottom of the pool, then teaches rescuers the tools they need to stay more alert to make the difficult task of lifeguarding more manageable. This video is a must-see for all water safety professionals, including lifeguards, managers, and supervisors.

Lifeguard Vigilance Training DVD

Tom Griffiths, EdD
©2007 · DVD · Approx. 20 minutes
ISBN 978-0-7360-6870-3
\$79.95 (\$110.50 CDN, \$141.90 AUS, \$168.00 NZ)



On the Guard II, Fourth Edition, brings lifeguarding concepts to life with more than 500 full-color photos, tables, and illustrations that show exactly how to perform the procedures necessary to prevent drowning and perform rescues.

This comprehensive resource now includes expanded information on lifeguarding in water parks, beach safety, personal watercraft safety, multiple victim/ multiple guard rescues, off-duty rescues, new scuba rescue procedures, and YMCA aquatic guidelines for resident camp, day camp, child care, and waterfront operations. Additionally, the text features expanded information on paddleboard rescues, first aid kits and first aid devices for rescue breathing, CPR (including automated external defibrillation devices), and updated spinal injury management procedures.

Included with *On the Guard II, Fourth Edition*, is a new CD-ROM that allows you to watch and review key rescue procedures. It has video clips of many of the lifeguarding skills described in the book and allows you to see real lifeguards in action, performing the skills necessary to prevent problems before they occur and to take action to help those in danger when necessary.

On the Guard II, Fourth Edition

YMCA of the USA
©2001 · Paperback with CD-ROM · 352 pp
\$33.00 (\$44.95 CDN, \$58.30 AUS, \$69.00 NZ)



www.AquaticEducationCenter.com

HUMAN KINETICS

Lifeguarding Resources



The Aquatic Education Center is your source for lifeguarding resources!

Human Kinetics is proud to present a new line of online courses, books, DVDs, and other lifeguard training resources. We have partnered with Starfish Aquatics Institute to develop online courses to support the Starguard program. The program is especially beneficial for parks and recreation agencies, indoor or outdoor waterparks, and other facilities that train staff in-house. In addition to our new online courses, we also have an exciting array of books, DVDs, and resources, including an individual CPR training kit.

The Aquatic Education Center is not just a source for lifeguarding resources. It is also your source for:

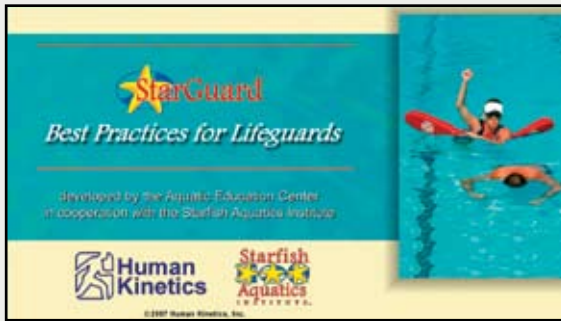
- Aquatic fitness professional training
- Aquatic manager and operator training
- Continuing education and professional resources

Human Kinetics is very pleased to work with the National Swimming Pool Foundation, the Aquatic Exercise Association, the American Safety & Health Institute, and other partners on many of the products currently in development for the AEC. Please visit us often at www.AquaticEducationCenter.com as we continue to pioneer new and better ways of delivering information to aquatic professionals around the globe.



HUMAN KINETICS
The Information Leader in Physical Activity

Online Courses



Best Practices for Lifeguards

Human Kinetics Aquatic Education Center
©2007 • Online course AS-202A

With CPR Kit: ISBN 978-0-7360-6977-9
\$95.00 (\$130.95 CDN, \$168.30 AUS, \$199.50 NZ)
Components include: *Emergency Care for Aquatic Personnel* self-study online course; *StarGuard, Third Edition*; *Complete Emergency Care*; Family and Friends CPR Anytime Kit

Without CPR Kit: ISBN 978-0-7360-6389-0
\$65.00 (\$89.95 CDN, \$115.50 AUS, \$136.50 NZ)



Best Practices for Lifeguards online course will help students prepare to become lifeguards. Based on the Starfish Risk Management model, this course highlights the best practices in the areas of prevention, surveillance, emergency care, aquatic rescue, and professionalism and personal safety.

For those seeking lifeguard certification from the Starfish Aquatics Institute, this course is the first component of a blended learning experience which involves both a self-study component and an instructor-led component. This online course replaces the traditional classroom component by allowing students to complete the self study component without the need to be on site to get thorough, professional instruction. The instructor-led component of the training follows the successful completion of the online course. Successful completion of the instructor-led component, which includes written and practical exams, earns certification. For those who are not seeking certification from SAI, this course is the perfect way to learn about lifeguarding for the first time or to hone the skills of veteran guards.

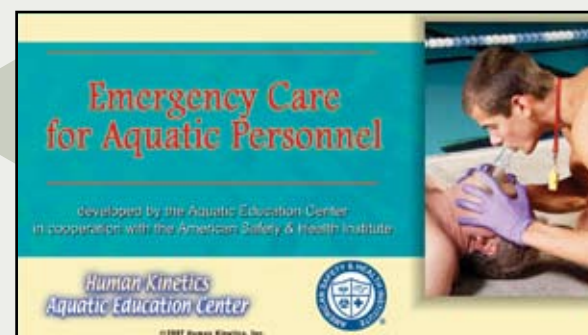
The *Best Practices for Lifeguards* online course integrates basic lifeguard training and the key emergency care competencies all in one highly interactive program. This course is complemented by two texts, *Complete Emergency Care* and *StarGuard: Best Practices for Lifeguards, Third Edition*. The course is designed to work directly with these two texts, and it seamlessly directs users to the *Emergency Care for Aquatic Personnel* online course embedded within the *Best Practices* course. This is the only course to include all of these components, including emergency care, in one package. This course is also available with the Family & Friends CPR Anytime Kit from the American Heart Association. This kit includes a small, personal CPR manikin so that the student can practice hands-on skills during self-study.

The one-of-a-kind online course teaches students the importance of surveillance skills and professional attitudes and behaviors, and it prepares lifeguards to perform at or above industry standards. The experiential learning approach will quickly build confidence and competence. The blended delivery of this course is ideal if you need to

- ensure valuable instructor-led pool time is used in the most efficient, effective way possible;
- allow students to learn online at their own pace and spend as much time as needed on each skill;
- eliminate the need for lengthy traditional on site training sessions; or
- train a geographically diverse group of students who have limited time to spend on-site before testing for certification.

The *Emergency Care for Aquatic Personnel* self study online course is embedded in the *Best Practices for Lifeguards* online course or available as a stand-alone course. This course is a revolutionary way of teaching emergency care principles in the aquatic environment. The course is scenario based and asks students to put themselves in the role of the rescuer. Since specific aquatic examples are used, students role play scenarios they might one day face in real life. This course is available with or without the Family and Friends CPR Anytime Kit.

For those seeking emergency care certification from the American Safety & Health Institute, this course is the first component of a blended learning experience which involves both a self-study component and an instructor-led component. This online course replaces the traditional classroom component by allowing students to complete the self study component without the need to be on-site to get thorough, professional instruction. The instructor-led component of the training follows the successful completion of the online course. Successful completion of the instructor-led component, which includes written and practical exams, earns certification. For those who are not seeking certification from ASHI, this course is the perfect way to learn about emergency care for the first time or to hone the skills of veteran responders and rescuers.



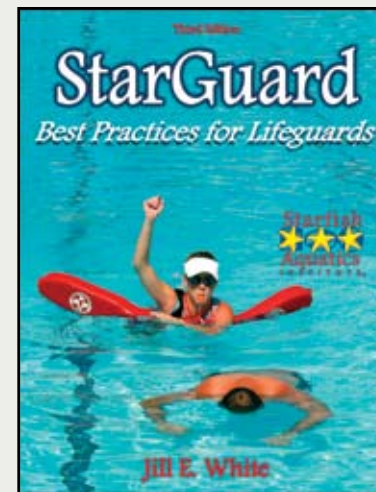
Emergency Care for Aquatic Personnel

Human Kinetics Aquatic Education Center
©2007 • Online course: AS-204A

With CPR Kit: ISBN 978-0-7360-6978-6
\$65.00 (\$89.95 CDN, \$115.50 AUS, \$136.50 NZ)

Without CPR Kit: ISBN 978-0-7360-6469-9
\$35.00 (\$45.50 CDN, \$62.15 AUS, \$73.50 NZ)

Books



StarGuard, Third Edition, is one of two texts that complement the *Best Practices for Lifeguards* blended course. The text makes learning easy for new lifeguards and reinforces what veteran guards have already learned. It includes step-by-step instructions and detailed photos and drawings to help students learn new techniques and best practices. Emphasis is on key points that are crucial for effective lifeguard performance. Explanations are brief and relate directly to lifeguarding. This concise coverage of important topics makes it easy to determine what really makes a difference in saving people's lives.

StarGuard: Best Practices for Lifeguards, Third Edition

Jill E. White

©2006 • Paperback • 176pp

ISBN 978-0-7360-6075-2

\$16.00 (\$21.95 CDN, \$28.60 AUS, \$33.50 NZ)

Written by the American Safety & Health Institute (ASHI), *Complete Emergency Care* is the second of two texts that complement the *Best Practices for Lifeguards* blended course. The text can be used as part of this course or on its own. This is the first text to combine training in bloodborne pathogens, first aid, CPR, and emergency oxygen all in one book. The text's four-color format, complete with numerous photographs, allows readers to grasp the content and be prepared to take action using the proper protocol in medical emergency situations. After reading this book, those wishing to obtain certification in each area of emergency care will be prepared to attend an instructor-led training session to test for certification.

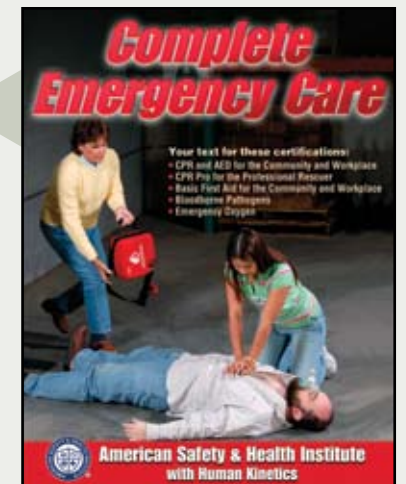
Complete Emergency Care

American Safety & Health Institute

©2007 • Paperback • 176 pp

ISBN 978-0-7360-6717-1

\$16.00 (\$21.95 CDN, \$28.60 AUS, \$33.50 NZ)



About Starfish Aquatics Institute

Starfish Aquatics Institute, founded in 1999, develops lifeguard certification programs delivered through a Training Center network. Training Centers are aquatic facilities authorized to use SAI's programs and enrolled in SAI's risk management initiative. They may also be independent aquatic entrepreneurs trained on SAI's systems who deliver them around the globe.

Become an authorized training center in three easy steps:

1. Apply.
2. Complete online training center orientation.
3. Purchase the StarGuard implementation package. This includes lifeguard instructor certification and all the support you need to meet the training center operating guidelines. Instructors certified with other agencies may qualify for reciprocity and can complete training online.

Once authorized, you can offer the StarGuard course, administer the Competency Assessment and Performance evaluation, and issue StarGuard certifications. Student materials, which include the online self-study course, books, and a Competency Assessment package are purchased as needed. Training centers pay a low annual provider fee, but retain all income from conducting courses.

Aquatic Risk Management Services

If you are looking for a comprehensive, independent evaluation of the lifesafety systems present at your facility, especially one that takes a mentorship and educational approach, this is your source. The Starfish Aquatics Institute provides operational aquatic safety audits and lifeguard performance reviews for any aquatic facility, regardless of the lifeguard certification program being used.

New Contact Information

Starfish's national office is now located inside the Human Kinetics world headquarters in Champaign, Illinois. This change has been implemented to provide a more seamless integration of the services being offered by both SAI and HK. Customers and prospective customers can now call **877-465-4545** for all of their questions about Starfish's programs and services. If you would like more information about Starfish, please contact Sara Poe, Implementation Specialist, at the number listed above or SaraP@hkusa.com today.