

# Pool Lifeguard Fact Sheet

## Course Overview

The Pool Lifeguard course provides comprehensive training on water safety, rescue techniques, CPR, and first aid skills specific to pool environments. Participants will learn to effectively respond to emergencies and ensure the safety of pool patrons, making this course essential for aspiring lifeguards and aquatic facility staff.



client site training, depending on your personal preferences



learn from an expert trainer with years of experience

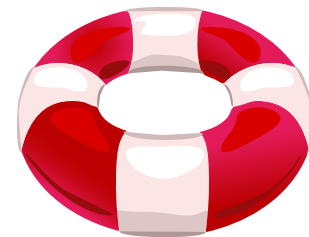


Budget Friendly learning

## Who should enroll to this course?

Individuals who are passionate about water safety and are seeking employment as lifeguards at public or private pools, water parks, or aquatic facilities should enroll in the Pool Lifeguard course.

This includes students, young adults, and anyone interested in pursuing a career in aquatics and ensuring the well-being of swimmers.



## Join Us Today!



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Belapur Railway Station  
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Belapur, Navi Mumbai-400614.

## What does this course Covers?

- The Lifeguard and the Law, Swimming Pool  
Supervision: The Lifeguard and the Law  
Swimming Pool, Hazards and Control Measures  
Swimming Pool Supervision
- Intervention and Rescue and Emergency Action  
Plans: Intervention and Rescue of a Casualty  
with a Suspected Spinal Injury Emergency  
Action Plan
- Cardiopulmonary Resuscitation, AED and First  
Aid : Cardiopulmonary Resuscitation (CPR) First  
Aid Automated External Defibrillation (AED)
- Practical pool assessment : Deep Water  
Retrieval Test – ability to retrieve an object  
from the deepest water within the aquatic  
environment
- Lift Test – ability to lift a swimmer out of the  
water (using appropriate manual handling  
procedures)
- Rescue Test – 25 metre swim / 25 metre non-  
contact tow in less than 1 minute and 45  
seconds
- Spinal Injury Management
- Rescue Response Initiatives
- Tread water for 30 seconds

- Course Code - 574
- Duration - 2 Day
- Knowledge level -  
Beginner
- Category - OSHA &  
Industrial Safety
- Offline/ Client Site

## Ready to get started?

Dive into a rewarding career in water safety! Enroll in our Pool Lifeguard course today and become a certified lifeguard equipped with essential skills to ensure the safety of swimmers. Make a splash with your career - sign up now and take the first step toward becoming a confident and capable lifeguard!

## About Us

**Elite Offshore Pvt Ltd**, established in 2015, is a leading provider of Offshore, Marine and Industrial Safety and Skill training and certification programs. With a commitment to safety, compliance, and excellence, we empower professionals worldwide with the knowledge and skills they need for success in their careers.

**Ecademy** was established in 2021, serves as our specialized division, providing customized E-Learning solutions designed to meet the specific needs of the industry. Through Ecademy, we offer the IADC-Accredited RigPass Online Course, alongside other valuable E-Learning programs like IMDG Code Courses, Basic First Aid, and more.