

International Lifeguard Training Program™ (ILTP™)

ILTP™ Training Levels and Prerequisites

All ILTP™ Lifeguard training programs are valid for 1 year. Annual renewal is required.

ILTP™ Instructor Training **Approximate Course Time: 26 hours**

ILTP™ Instructors become your in-house training resource. In addition to being authorized to conduct ILTP™ Lifeguard trainings, your ILTP™ Instructor is also authorized to conduct CPR/First Aid/AED training courses for your non-lifeguard employees. Training courses can be conducted for the community as well as staff.

- Minimum age: 19 years.
- Pass prerequisite screening for the Instructor level desired.
- License is valid for 2 years
- 12-hour renewal course.

Shallow Water Lifeguard Training **Approximate Course Time: 22 hours**

- Minimum age: 15 years.
- Swim distance using crawl or breaststroke without resting: 50 yards.
- Swim underwater for a distance of 10 ft. in a maximum depth of 5 ft. of water.
- Retrieve a 10-lb. brick to the surface.
- Training valid at facilities where water depth is 5ft. or less (excluding open water and wave environments).

Pool Lifeguard Training **Approximate Course Time: 24 hours**

- Minimum age: 15 years.
- Swim distance using crawl or breaststroke without resting: 100 yards.
- Feet-first dive, retrieve a 10-lb. brick and bring it to the surface.
- Tread water without using arms for 1 minute.
- Training valid at facilities with flat water pools with depths to 16 ft. (excluding open water and wave environments).

Special Facilities Training **Approximate Course Time: 25 hours**

- Minimum age: 16 years.
- Swim distance using crawl or breaststroke without resting: 200 yards.
- Feet-first dive, retrieve a 10-lb. brick and bring it to the surface.
- Tread water without using arms for 2 minutes.
- Training valid at facilities with wave environments and open water.



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Open Water Approximate Course Time: 27 hours

Training valid at water front / open water facilities. Additional training time provides sight specific training for skills and search and recovery procedures.

Renewal Lifeguard Training Approximate Course Time: 12 hours

- Meet the identical prerequisites of original training.

ILTP™ Lifeguard Online Program

Lifeguarding Online includes four modules that represent the knowledge components of the lifeguarding class. After completing the modules, participants take a secured 50-question final exam. Then participants move on to the Practical Completion portion of the program with an ILTP™ Instructor to complete physical skills training. Completing the knowledge components online reduces the total new lifeguard course time by roughly 25%.

Module	Approx. Completion Time
Professional Rescuer CPR	2-1/2 hours
First Aid	2 hours
Lifeguarding	2 hours
Simulations	1/2 hour

Basic Leadership Training Program

- Meets the professional development needs of those in all supervisory roles at an aquatic facility, from lifeguard supervisors and management to concession and guest service supervisors.
- Provides a minimum standard of education for individuals seeking supervisory positions.
- Enhances leadership skills and provides opportunities for learning new and expanded skills. Designed to be facilitated rather than taught, this program is interactive and discussion-oriented. Candidates develop interpersonal skills as well as skills in guest service, staff training, facility operation, facility maintenance, and risk management as they relate to their environment.

Training Materials

Recognizing our clients' challenges in conducting effective in-service training and maintaining comprehensive training records, this program provides all materials needed by the instructor/facilitator. An Aquatic In-Service Training Manual provides case studies, time parameters, equipment requirements, role-playing instructions, and outcome measures for conducting effective staff in-service training. The CD contains the case studies, a template for creating additional case studies, and an electronic database that makes it easy to keep comprehensive training records.