

When it comes to aquatic safety, one thing matters most: The quality of your lifeguard training program.



We just put the best within your reach.

Jeff Ellis & Associates, Inc. the industry leader with an unmatched reputation for aquatic safety since 1983, is consistently rated with the highest marks by both Client Facilities and Individual Trainers.

Ellis & Associates has made its signature International Lifeguard Training Program™ (ILTP™) available at a competitive price to all audiences including aquatic facilities, resorts, training companies, educational institutions, and individual lifeguard instructors.

The ILTP Advantage

Full-service lifeguard training including Health Care Provider CPR/Oxygen Administration/ First Aid and AED

- Lifeguards trained/retrained annually with current skills.
- Training time significantly shorter than other programs.
- Lifeguard Certificates on-site and issued immediately. No waiting weeks for certification cards.
- Full service online records management, certificate validation, course posting, and ordering.
- Training videos, facility operations forms, and training resources.
- The vanGUARD Aquatic Leadership Training Program for developing staff.
- Lifeguard Certificates valid at any aquatic facility in the U.S.
- Partnership with the industry leader in aquatic safety & risk management.



The industry leader in aquatic safety, innovation, and training!

What is ILTP™?

ILTP is a comprehensive Lifeguard Training program designed to meet all your water safety needs. ILTP Promotes objective-driven and performance-based training that results in a more confident and competent lifeguard. And it does it in a shorter, comprehensive 22-24 hour class time.

A proactive, accountability-based approach to lifeguard training, ILTP is a single, integrated curriculum that successfully trains lifeguards and lifeguard instructors through proven training methods and state-of-the-art lifeguard rescue skills in a shorter period of time with dramatically superior results.

Program components include:

- First Aid
- Emergency Oxygen Support
- Health Care Provider CPR
- Automated External Defibrillation

How does ILTP work?

Becoming an ILTP Training Center entitles facility providers including aquatic facilities, organizations, and individuals to participate in official ILTP lifeguard instructor training courses. These courses provide the critical lifeguard training and mandatory Licensing necessary for them to then be able to conduct their own authorized ILTP Lifeguard courses and ECSI courses on-site and as needed.

- Promotes and instructs using the industry's best lifeguard rescue skills and professionalism.
- Features state-of-the-industry lifeguard training including rescue skills, procedures, and technology.
- Focuses on realistic learning situations and simulations – students work first with mannequins under the watchful eye of our ILTP Licensed instructors, and then apply those skills to real-life simulated incidents using real people as guests in distress (GID).
- Provides experiential training applying philosophy and methodology in which ILTP lifeguard trainers engage candidates in direct experiences and focused reflection to increase knowledge, develop skills, and clarify values.

When is ILTP the right choice?

When safety matters, the choice is ILTP. The benefits of being an ILTP trained instructor and an ILTP training center include:

- Highest quality of lifeguard safety and performance designed to minimize risk.
- Increased ability of lifeguards to protect others as well as themselves.
- Ability to identify risks early and problem solve quickly before serious issues arise.
- Annual retraining program that builds in staff accountability and guarantees skills stay current.
- ILTP lifeguards trained just prior to the season, unlike competitive programs where retesting might occur every three years.



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How do I become an ILTP™ Training Center?

Just enter into a Training Center Provider Agreement with Jeff Ellis & Associates, Inc. and you will be immediately authorized to participate in the ILTP Instructor and Lifeguard Training Programs. Training Center privileges also include ILTP Training Center Client Service web access for class registration, course transmission, and ILTP Course Completion Credential management systems.

ILTP Training Center participation includes:

- * Provider Fee
 - Entitles Provider Facilities and individuals to participate in official ILTP lifeguard instructor training courses.
 - ILTP Training Center Client Service web access to aid in the management of your entire life-guarding training program, including a Course Completion Credential management system.
 - Access to aquatic facility templates, facility operational forms, short training videos, and an ever growing variety of Education Programs.
- ILTP Course Completion Kit per lifeguard includes:
 - Lifeguard textbook and ILTP Certificate - book or online.
 - ILTP course completion certificate - giving you the credentials on hand to immediately deliver once training is complete.

Training Materials

Recognizing our clients' challenges in conducting effective in-service training and maintaining comprehensive training records, ILTP provides all materials needed by the instructor/facilitator. Your online access will provide class registration, course postings, documentation submission, ILTP Course Completion Credential management systems, aquatic facility templates, facility operational forms, and short training videos.

Join Today!

Be part of the ILTP team today. Visit our website at www.jellis.com or call us at 800-742-8720. When it comes to aquatic safety, the choice is Ellis & Associates.



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ILTP™ Training Levels and Prerequisites

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, as well as the community at large.

- 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 front crawl (freestyle) 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 and bring it to the surface
- Training valid at facilities where water depth is 5ft. or less (excludes open water and wave environments)

Pool Lifeguard Training

Approximate Course Time: 23 hours

- Minimum age: 15 years
- Swim distance using front crawl (freestyle) or breaststroke without resting: 100 yards
- Feet-first surface 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. and only to the depth at which training was conducted. (excludes open water and wave environments)

Special Facilities Training

Approximate Course Time: 24 hours

- Minimum age: 16 years
- Swim distance using front crawl (freestyle) or breaststroke without resting: 200 yards
- Feet-first surface 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 depths to 16ft., and only to the depth at which training was conducted. (excludes open water)



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Special Facilities With Open Water Training

Approximate Course Time: 27 hours

- Minimum age: 16 years
- Swim distance using front crawl (freestyle) or breaststroke without resting: 200 yards
- Feet-first surface dive, retrieve a 10-lb. brick, and bring it to the surface
- Tread water without using arms for 2 minutes
- Training is valid at facilities with wave environments and open water, with water depths to 16 ft., and only to the depth at which training was conducted. Additional training time provides site-specific training for skills, and search & recovery procedures

Renewal Lifeguard Training

Approximate Course Time: 9.5 - 14 hours dependent upon level

- Meet the identical prerequisites of Original Training

Renewal Challenge Course

Approximate Course Time dependent upon level and class size

The ILTP™ Challenge Course is designed to allow renewal lifeguard candidates to Challenge their skills to test-ready levels in the absence of course content review and practice time that occurs during a standard ILTP Renewal Course. The ILTP Challenge Course is available to ILTP Training Centers and CARMF Clients.

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

ILTP Online Lifeguard Training 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. Participants then 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 Approximate Completion Time
 Health Care Provider CPR & AED 2 - 1/2 hours
 First Aid 2 hours Lifeguarding 2 hours
 Simulations 1/2 hour

vanGUARD Aquatics Leadership Training Program

Approximate Course Time (Minimum): Level 1= 5.5 hours Level 2=16 hours

- 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
- Interactive and discussion oriented - designed to be facilitated rather than taught
- 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
- Meets Model Aquatic Health Code Draft requirements for supervision



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