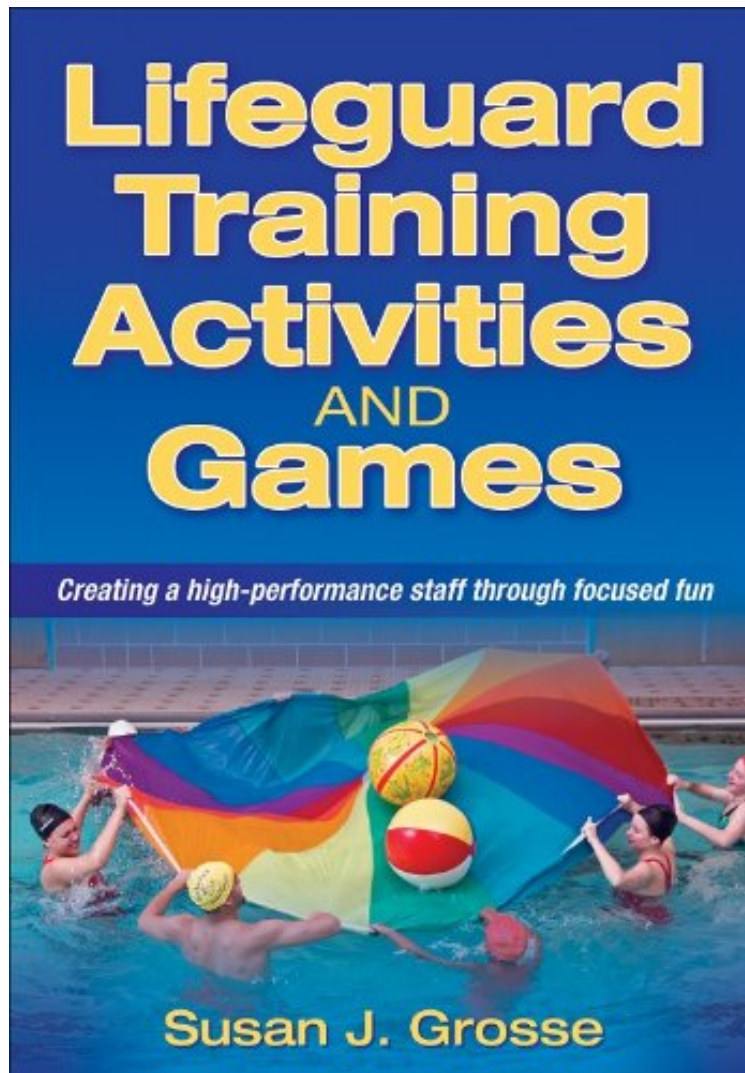


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Lifeguard Training Activities and Games

Susan Grosse

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Lifeguard Training Activities and Games is a complete resource for aquatics managers or lifeguard supervisors responsible for conducting site-specific on-the-job training for lifeguards. The compilation of games, skill drills, activities, and guidance enhances training and conditioning of lifeguards and creates a high-performing staff. Throughout the book, the focus is on keeping activities fun and engaging to promote participation and ensure your lifeguards acquire the skills they need in order to take action in an emergency. The book contains more than 70 proven training activities divided into chapters by type of lifeguard skill. Each activity is short enough to be part of an in-service or class warm-up session. Most have variations, allowing for continued challenges of participants' performances through increasing levels of difficulty. The drills, games, and activities improve lifeguards'-general aquatic skills and physical fitness;-surveillance, emergency response, and rescue skills; and-teamwork and problem-solving skills. With this knowledge and training, you will be able to develop and maintain a high-performing lifeguard staff. Certification as a lifeguard is the first step in the overall training process. The real training begins on the job, and the responsibility for that training is left to the aquatics manager or lifeguard supervisor. Lifeguard Training Activities and Games makes that training fun, engaging, meaningful, and practical.

About the Author Susan J. Grosse, MS, is the president of Aquatic Consulting Education Resource Services in Milwaukee. Grosse has more than 45 years of experience in aquatics and education and has published extensively in the areas of aquatics and exceptional education. She is also a sought-after speaker, having presented in Ireland, Egypt, Canada, and the United States. Grosse received a 40-year pin from the American Red Cross as a volunteer instructor and instructor trainer. She also received the Mabel Lee and Honor Awards from the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) for her contributions to the education profession. The Aquatic Therapy and Rehab Institute presented her with a Tsunami Spirit Award for her work in aquatics with people with disabilities. Grosse has served as chair of the Aquatic Council for AAHPERD and as president of the American Association for Active Lifestyles and Fitness. She also has been a water safety instructor trainer and a lifeguarding instructor trainer for the American Red Cross. In her leisure time she enjoys swimming, canoeing, reading, and listening to music.