



I. STARGUARD CERTIFICATION

- a. Pool – Waterpark – Waterfront lifeguard, plus American Safety & Health Institute Basic Life Support (professional level CPR/AED), Basic First Aid, Bloodborne Pathogens, and Emergency Oxygen, for deep and shallow water environments
 - Slide dispatch certification (optional)
 - Limited water <2 ft/.6m certification (optional)
- b. Open Water/Surf (additional training required)
- c. Wilderness Lifeguard (additional training required)

II. ABOUT THE STARFISH AQUATICS INSTITUTE (SAI) AND STARGUARD ELITE (SGE)

- a. The StarGuard training programs are developed, and certification administered, by the Starfish Aquatics Institute (SAI).¹
- b. SAI is a USA-based nationally and internationally recognized organization with offices in Lincolnshire, Illinois, and Savannah, Georgia, and regional representatives in UAE, South Africa, Europe, and Asia.
- c. StarGuard training programs meet or exceed the guidance in Model Aquatic Health Code² (MAHC). In the U.S.A. the pool-waterpark-waterfront course is considered equivalent to those training programs developed and administered by the American Red Cross, YMCA, and Ellis & Associates.
- d. StarGuard Elite (SGE) is a partnering organization with offices in Windermere, Florida, providing an optional risk prevention system including operational training and guidelines, lifeguard license, and audits layered over StarGuard certification.

III. PROFESSIONAL LEVEL RESUSCITATION PROTOCOLS ARE CURRENT, EVIDENCE-BASED AND CONFORM TO:

- a. 2015 AHA Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- b. International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations

IV. ACCEPTANCE AND ACCREDITATION

- a. StarGuard is accepted, approved or recognized as an industry lifeguard credential meeting the requirements of more than 60 state and local regulatory agencies, national associations and international commissions.
- b. ASHI professional level resuscitation and first aid programs are currently accepted, approved or recognized as an industry credential, meeting the requirements of more than 2,400 state regulatory agencies, occupational licensing boards, national associations, commissions and councils in more than 550 occupations and professions.
- c. SAI is a member of the Council for the Model Aquatic Health Code (CMAHC) for the continued development and delivery of voluntary consensus guidance to prevent drowning, injuries, and the spread of recreational water illness at public swimming pools and spas.

V. STARGUARD PROGRAMS ARE TAUGHT BY QUALIFIED INSTRUCTORS AFFILIATED WITH AN APPROVED TRAINING CENTER

- a. StarGuard certification requires an in-person, hands-on skill evaluation by a current and properly authorized StarGuard Instructor to verify skill competency prior to issuance of a certification. Candidates are assessed using eleven (11) Competency and Performance (CAP) scenarios, integrating course learning objectives and the ability to translate those into on-the-job functions.³ This CAP assessment must be completed annually and a new certification issued.
- b. SAI publishes and administers a set of quality assurance guidance designed to monitor and improve the performance of SAI-approved Training Centers and authorized instructors, so that the products and services provided consistently meet or exceed the requirements of SAI, regulatory authorities and class participants.
- c. Lifeguards affiliated with a facility using the SGE risk prevention system may also be issued an SGE lifeguard license as part of the audit and accountability program.

VI. COURSE MATERIALS

- a. Required student materials include the textbook *StarGuard: Best Practices for Lifeguards 5th Edition* with interactive web resource published by Human Kinetics, and the Competency and Performance (CAP) assessment record.
- b. Instructor resources include the *StarGuard Instructor Guide* along with ancillaries.

¹ The Basic Life Support (CPR/AED) Basic First Aid, Bloodborne Pathogens, and Emergency Oxygen content/certification is provided through a licensing agreement with the American Safety & Health Institute, a brand of the Health and Safety Institute (HSI)

² U.S. Centers for Disease Control and Prevention. 2016. Model aquatic health code and annex (2nd edition): An all-inclusive model public swimming pool and spa code. Available: <http://cdc.gov/mahc>

³ In some jurisdictions, such as Dubai and Abu Dhabi, lifeguards must be evaluated by an approved independent assessor to obtain local credentialing