



On the Guard II: The YMCA Lifeguard Manual (Vol II)

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Being a lifeguard is a serious undertaking and a guard may have to jump in to action quickly and efficiently to save a life. That's why the YMCA has produced this text with information to help the reader anticipate and prevent problems before they occur, as well as to take action to help those in danger. Photographs and diagrams illustrate every technique, method and theory to guide the reader through any situation that could arise. Updated features include: personal safety on the beach; guarding people with disabilities; handling violence among patrons; and first aid kits and resuscitation equipment.

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