

American Lifeguard Association - Lifeguard Training and Classes

The American Lifeguard Association has been offering lifeguard courses for over 30 years.



Vienna, Virginia Jun 3, 2025 ([Issuewire.com](https://www.issuewire.com)) - American Lifeguard Association (ALA) was featured in a live segment on ABC's Good Morning America, where National Spokesperson Wyatt Werneth delivered a powerful message about beach safety and the rising threat of rip currents as summer officially kicks off. Werneth, a seasoned public safety advocate and former ocean beach patrol captain, used the national platform to raise awareness about the leading cause of rescues on U.S. beaches: rip currents.

These powerful, narrow channels of fast-moving water can quickly sweep even experienced swimmers away from shore, often leading to panic, exhaustion, and tragically, drownings. His primary advice? Stay calm, float, and never swim against the current. Instead, swimmers should swim parallel to the shore to escape the current's pull before returning to land. But perhaps his most critical message was this: "Always swim near a lifeguard." The chance of drowning at a beach protected by trained lifeguards is less than 1 in 18 million.

Werneth underscored this during the interview, stating that lifeguards are not just trained responders—they are proactive preventers, scanning the water constantly for signs of distress, dangerous surf, and swimmers caught in rip currents. "Lifeguards are the first line of defense," Werneth said. "When you [swim near a lifeguard](#), you're not just safer—you're part of a monitored, protected space where trained professionals are ready to act in seconds." He also emphasized that while many people flock to beaches on Memorial Day weekend and beyond to cool off, not all beaches are staffed

adequately due to the ongoing national lifeguard shortage.

This adds to the urgency of his message: if there are no lifeguards on duty, people should reconsider swimming altogether—especially in ocean environments where currents and waves can change quickly. ALA's participation in the GMA interview is part of its larger mission to promote water competency, lifeguard training, and public safety across the United States. The organization has been actively working with government agencies, municipalities, and employers to close staffing gaps and ensure more trained lifeguards are in place for the 2025 summer season. The timing of the interview couldn't be more urgent. With record-breaking heatwaves forecasted across the country, more Americans are expected to seek relief at beaches and pools, increasing the risk of water-related incidents.

The ALA is using every channel possible—from national news to social media—to equip the public with lifesaving information. To learn more about rip current safety and lifeguard certification opportunities, visit the American Lifeguard Association at www.americanlifeguard.com. Stay safe. Swim near a lifeguard. And know before you go.

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