

# Ronald S. Arendas

210 Granada Avenue #B • Long Beach, CA 90803 • Phone: (562) 252-3637 • watersafetyguy@charter.net

## Certifications

WSI, 1974–present  
WSIT, 1980–present  
LGI, 1985–present  
LGIT, 1989–present

LG/FA and CPR-P/AED  
with waterpark/waterfront

## Achievements

ARC authorized provider:  
“Ron Arendas, the Water  
Safety Guy,” 2004–present

Web site developer:  
[www.watersafety.com](http://www.watersafety.com),  
2008–present

Author/course designer:  
*ARC Title 22 First Aid*,  
1995–present

ARC H&S specialist,  
California, 1995–2002

H&S Chair, Greater Long  
Beach Chapter, 1996–1999

ARC National Faculty,  
Lifeguarding, 1995

Recipient of the:

- California ARC Golden Bear award, 1995
- SCPPOA Merit award, 1995
- City of Bellflower BRAVO award, 1995

## Education

CSULB, Long Beach, CA  
**BA in English**, 1984

## H&S TRAINER/TECHNICAL WRITER

Expert researcher, writer, and health and safety instructor-trainer whose qualifications include a degree in English/technical writing; 35 years as an American Red Cross instructor; 29 years as an American Red Cross instructor-trainer, 25 years as a technical writer, 11 years as a swim instructor/lifeguard and head lifeguard, and 5 years as a swimming pool manager.

## Summary of Expertise

**Leadership:** **Roles:** Authorized provider; mentoring IT; aquatic examiner; state-level H&S specialist; H&S chair; member of the ARC national faculty for Lifeguarding; former pool manager/head lifeguard.

**Training:** **LG/LGI/WSI courses:** An estimated 650 courses taught and more than 10,000 individuals certified (lifetime). **Other ARC courses taught:** First Aid/CPR/AED, water safety, ITC core training, etc. **Additional relevant training conducted:** In-service training.

**Course Design:** **Chapter courses developed:** ARC Title 22 First Aid and California Emergency Water Safety. **Study aids created:** Lifeguarding, LGI, WSI, PDT, BWR, and STFSC. **Teaching methods:** Innovative techniques and best practices for teaching LG, WSI, and LGI.

**Editorial:** **Roles:** Technical writer, editor, desktop publisher, researcher. **Industries:** Information technology, computer hardware/software, telecommunications, financial, educational, business. **Deliverables:** User manuals, tutorials, textbooks, teaching aids, policies/procedures, presentations, data sheets, white papers, etc.

## Experience

### Current

Water Safety Guy, Long Beach, CA **Owner/head instructor**, 2004–present  
So. California Edison, Rosemead, CA **Senior technical writer**, 2009–present

### Former

**Senior technical writer (consultant):** *Broadcom Corporation*, 2009; *El Pollo Loco*, 2008; *GAIAN Consulting Services*, 2008; *Wave Entertainment Network*, 2008; *Ameriquist Mortgage Company*, 2005–2007; *DHL*, 2005; *New Century Mortgage*, 2004–2005; *ATL Products/Quantum*, 1996–2003; *PanAmSat*, 2000–2002; *Hughes Aircraft*, 1996.

**Technical writer (full time):** *DSEA*, 1992–1996; *CMS Enhancements*, 1989–1992; *AST Research*, 1986–1989; *Fujitsu Business Communications*, 1984–1986.

**H&S instructor/instructor-trainer/aquatics professional:** *City of Long Beach*, contract instructor-trainer, 1985–present; *City of Lakewood*, aquatic examiner and contract instructor-trainer, 2005, 2008–present; *City of La Mirada*, contract instructor-trainer, 2008–present; *City of Bellflower*, head lifeguard, 1990–1995; *City of Montebello*, pool manager, 1983–1984; and *City of Paramount*, pool manager, 1979–1981, swimming instructor/lifeguard, 1973–1978.

Work samples and references available upon request • Available for full-time, contract, and consulting assignments