

LIFEGUARD TRAINING

Instructor: Mrs. Spinuzzi

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Course Description: The purpose of the American Red Cross Lifeguarding program is to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

Textbook:

- American Red Cross Lifeguarding (Stock No. 655731)

Prerequisites:

- Minimum age of 15 before the final scheduled session of this course.
- Swim 300 yards continuously.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

Learning Objectives:

- Understand the value of behaving in a professional manner.
- Learn how to identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim.
- Understand the components of an emergency action plan and how to activate it.
- Understand the general procedures for an emergency occurring in the water or on land.
- Demonstrate how to perform equipment-based rescues.
- Learn how to provide first aid and how to care for breathing and cardiac emergencies.
- Learn how to recognize and care for possible head, neck or back injuries.

Certification Requirements:

- Attend all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the three final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Certificate Validity:

- Lifeguarding/First Aid: 3 years
- CPR/AED for the Professional Rescuer: 1 year

Assessment:

- Daily Participation and Promptness
- Homework Completion
- Behavior/Attitude/Cooperation
- Knowledge of Activities
- Organized Notebook
- Skill Evaluation
- Written Exam

Grading Scale:

- 100% - 93% = A
- 92% - 86% = B
- 85% - 77% = C
- 76% - 70% = D

ADA Statement: This institution abides by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, which stipulates that no student shall be denied the benefits of an education “solely by reason of a handicap”. If you have a documented disability that may impact your performance in this class and for which you may require accommodation, please see the instructor as soon as possible, within the first two weeks of class, to arrange accommodations. In order to receive accommodations, you must be registered with and provide documentation of your disability, the Disability Service Office, which is located in the Psychology Building, Room 232.