

2016 Red Cross Lifeguarding Training Class
Spring1 Session: April 5 to April 23, 2016
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Tuesday, April 5

Introduction – Classroom 5:45-6:15

Prerequisite skills test – Pool 6:15-7:00

- Swim 300 yards continuously using front crawl and breaststroke.
- Tread water for 2 minutes using only the legs.
- Brick retrieval timed event – 1 minute, 40 seconds.

Class 7:00-9:00

Lesson 1 – The Professional Lifeguard and Facility Safety

Reading assignment: Chapters 1 and 2

Class Two – Thursday, April 7

Class 5:45-8:00 Pool 8:00-9:00

Lesson 2 – Patron Surveillance, Injury Prevention and Entries and Approaches

Reading assignment: Chapters 3 and 4

Class Three – Saturday, April 9

Class 3:30-5:00 Pool 5:00-8:00

Lesson 3 – Emergency Action Plans and Rescue Skills, Part 1

Lesson 4 – Rescue Skills, Part 2

Reading assignment: Chapters 5 and 6

Class Four – Tuesday, April 12

Class 5:45-8:00 Pool 8:00-9:00

Lesson 5 – Before Providing Care, Victim Assessment and Breathing Emergencies

Reading assignment: Chapters 7 and 8

Class Five – Thursday, April 14

Class 5:45-8:15 Pool 8:15-9:00

Lesson 6 – Cardiac Emergencies and Using an AED

Reading assignment: Chapter 9

Class Six – Saturday, April 16

Class 3:30-5:00 Pool 5:00-8:00

Lesson 7 – First Aid

Lesson 8 – Head, Neck and Spinal Injuries

Reading assignment: Chapters 10 & 11

Class Seven – Tuesday, April 19

Class 5:45-7:00 Pool 7:00-9:00

WRITTEN EXAM: CPR/AED for the Professional Rescuer and First Aid

Review Chapters 7-10 for exam

Class Eight – Thursday, April 21

Class 5:45-7:30 Pool 7:30-9:00

Lesson 9 - Administering Emergency Oxygen

Reading assignment: Chapter 8

Class Nine – Saturday, April 23

Class 3:30-5:00 Pool 5:00-8:00

WRITTEN EXAM: Lifeguarding Skills

WRITTEN EXAM: Admin. Emergency Oxygen

WRITTEN EXAM: Waterfront Skills

Review Chapters 1-6, 8 and 11 for exam

Final In-Water Skills Scenarios

Students must participate in all classes to complete the course. Bring a one-piece bathing suit, towel, swim goggles (optional), Lifeguarding Participant manual, pen and paper to all classes. In order to receive certification, students must pass 100% of skills and skill scenarios and pass 80% of the questions on each written exam. Absences will result in non-completion of the course and no certificate will be given. Students must complete the reading assignments before each class. **Students must be able to open eyes under water and dive to 13 feet.** It is recommended contact lens be removed for in-water activities to prevent loss. To prevent injuries, jewelry and swim goggles may not be worn when practicing rescue skills.

3/30/2016