

2016 Red Cross Lifeguarding Training Class
Winter Session: February 23 to March 17, 2016
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Tuesday, February 23

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, February 25

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

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

Reading assignment: Chapters 3 and 4

Class Three – Tuesday, March 1

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

Lesson 4 – Rescue Skills, Part 2

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

Reading assignment: Chapters 5 and 6

Class Four – Thursday, March 3

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

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

Reading assignment: Chapters 7 and 8

Class Five – Saturday, March 5

Lesson 8 – Head, Neck and Spinal Injuries

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

Reading assignment: Chapter 11

Class Six – Tuesday, March 8

Lesson 6 – Cardiac Emergencies and Using an AED

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

Reading assignment: Chapter 9

Class Seven – Thursday, March 10

Lesson 7 – First Aid

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

Reading assignment: Chapter 10

Class Eight – Saturday, March 12

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

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

Review Chapters 7-10 for exam

Class Nine – Tuesday, March 15

WRITTEN EXAM: Lifeguarding Skills

Lesson 9 – Administering Emergency Oxygen

Lesson 10 – Skills Review

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

Review Chapters 1-6 and 11 for exam

Reading assignment: Chapter 8

Class Ten – Thursday, March 17

WRITTEN EXAM: Admin. Emergency Oxygen

Final In-Water Skills Scenarios

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

Review Chapter 8 for exam

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. 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.