

**2017 Red Cross Lifeguarding Training Class**  
**Winter Session: February 21 to March 11, 2017**  
**Attendance at ALL Lifeguarding Training Classes is MANDATORY**  
**There are no make-up lessons for this class**

**Class One – Tuesday, February 21**

Introduction – Classroom 5:45-6:00

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

- 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 23**

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

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

Reading assignment: Chapters 3 and 4

**Class Three – Saturday, February 25**

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, February 28**

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, March 2**

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

Lesson 6 – Cardiac Emergencies and Using an AED

Reading assignment: Chapter 9

**Class Six – Saturday, March 4**

Class 3:30-6:00 Pool 6:00-8:00

Lesson 7 – First Aid

Lesson 8 – Head, Neck and Spinal Injuries

Reading assignment: Chapters 10 & 11

**Class Seven – Tuesday, March 7**

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

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

Lesson 9 - Waterfront skills and Waterpark skills

Review Chapters 7-10 for exam

**Class Eight – Thursday, March 9**

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

Lesson 10 - Administering Emergency Oxygen

Rescue skills review

Reading assignment: Chapter 8

**Class Nine – Saturday, March 11**

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 (except Class 1.) **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.

2/19/2017