

2021 Red Cross Lifeguarding Training Class - Blended Learning
Ammon City Pool: May 15 to May 29, 2021
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Pretest – Saturday, May 15

Pool 10:00am-11:30am

Prerequisite Swimming Skills Evaluation

- 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 One – Tuesday, May 18

Classroom 6:00-9:30pm

Introduction

The Professional Lifeguard

Facility Safety and Patron Surveillance

The Drowning Process

Injury Prevention

Emergency Action Plan

Standard Precautions and Glove Removal

General Procedures for an Emergency on Land

Before Providing Care, Victim Assessment and

Breathing Emergencies

Reading assignment: Chapters 1, 2, 3, 4, 5, 7, 8

eLearning Modules:

- Introduction – 0:05
- The Professional Lifeguard – 0:15
- Facility Safety/Patron Surveillance – 2:10
- Injury Prevention – 0:40
- Before Providing Care and Breathing Emergencies – 0:40

Class Two – Thursday, May 20

Classroom 6:00-9:30pm

Cardiac Emergencies and Using an AED

Reading assignment: Chapter 9

eLearning Modules:

- Cardiac Emergencies and Using an AED – 0:45

Class Three – Saturday, May 22

Pool 9:00am-6:00pm

Water Rescue Skills

- Entries and Approaches
- Rescues – Surface/Submerged Victim

Reading assignment: Chapter 6

eLearning Modules:

- Water Rescue Skills – 1:00

Class Four – Tuesday, May 25

Classroom 6:00-9:30pm

First Aid

Head, Neck and Spinal Injuries

Waterfront Skills module

Waterpark Skills module

Administering Emergency Oxygen

Reading assignment: Chapters 10 and 11

eLearning Modules:

- First Aid – 0:55
- Head, Neck and Spinal Injuries – 0:30
- Conclusion – Varies (written exam)

CPR/AED Written Exam online

Class Five – Thursday, May 27

Classroom 6:00-9:30pm

Reading assignment: Review all chapters

WRITTEN EXAM: Lifeguarding Skills

WRITTEN EXAM: Admin. Emergency Oxygen

WRITTEN EXAM: Waterfront Skills

WRITTEN EXAM: Waterpark Skills

Class Six – Saturday, May 29

Pool 9:00am-6:00pm

Head, Neck and Spinal Injuries

In-water skills review and practice

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 and online assignments before each class. **Students must be able to open eyes under water and dive to 12 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.