

2022 Red Cross Lifeguarding Training Class
Spring Session: May 3 to 21, 2022 – Heise Hot Springs
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Tuesday, May 3

Prerequisite skills test – Pool 5:00-6:00p

- 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.

Classroom 6:00p-9:30p

Introduction

The Professional Lifeguard

Facility Safety and Patron Surveillance

Injury Prevention

Reading assignment: Chapters 1, 2 and 3

Class Two – Thursday, May 5

Classroom 6:00p-9:30p

Emergency Action Plans

Entries and Approaches

Rescue Skills, Part 1 & 2

Reading assignment: Chapters 4, 5 and 6

Class Three – Saturday, May 7

Pool 8:00a-1:00p

In-water rescue skills

Class Four – Tuesday, May 10

Classroom 6:00p-9:30p

Before Providing Care, Victim Assessment and Breathing Emergencies

Cardiac Emergencies and Using an AED

Reading assignment: Chapters 7, 8 and 9

Class Five – Thursday, May 12

Classroom 6:00p-9:30p

First Aid

Head, Neck and Spinal Injuries

Reading assignment: Chapters 10 and 11

Class Six – Saturday, May 14

Pool 8:00a-1:00p

In-water rescue skills

Class Seven – Tuesday, May 17

Classroom 6:00p-9:30p

WRITTEN EXAM: CPR/AED and First Aid

Review Chapters 7, 8, 9 and 10 for exam

Waterfront Skills module

Waterpark Skills module

Administering Emergency Oxygen

Recue skills review

Class Eight – Thursday, May 19

Class 6:00p-9:30p

WRITTEN EXAM: Lifeguarding Skills

Review Chapters 1-6 and 11 for exam

WRITTEN EXAM: Admin. Emergency Oxygen

WRITTEN EXAM: Waterfront Skills

WRITTEN EXAM: Waterpark Skills

Review Chapters 4, 6 and 8 for exams

Class Nine – Saturday, May 21

Pool 8:00a-1:00p

Rescue skills review

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 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.