

2022 Red Cross Lifeguarding Training Class
Summer Session 1: June 6 to 9, 2022 – Heise Hot Springs
Classes meet from 8:00am to 5:00pm
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Monday, June 6

Class 8:00am-noon Pool 1:00pm-5:00pm
Lesson 1 – The Professional Lifeguard and Facility Safety
Lesson 2 – Patron Surveillance, Injury Prevention and Entries and Approaches
Lesson 3 – Emergency Action Plans and Rescue Skills, Part 1
Lesson 4 – Rescue Skills, Part 2
Pool
Prerequisite skills test –

- Swim 300 yards continuously using front crawl and breaststroke. 550 yards for Waterfront.
- Tread water for 2 minutes using only the legs.
- Brick retrieval timed event – 1 minute, 40 seconds.

Pool - Rescue Skills
Reading assignment: Chapters 1, 2, 3, 4, 5, 6

Class Two – Tuesday, June 7

Class 8:00am-noon Pool 1:00pm-5:00pm
Lesson 5 –Before Providing Care, Victim Assessment and Breathing Emergencies
Lesson 6 – Cardiac Emergencies/Using an AED
Pool – Rescue Skills
Reading assignment: Chapters 7, 8, 9

Class Three – Wednesday, June 8

Class 8:00am-noon Pool 1:00pm-5:00pm
Lesson 7 – First Aid
Lesson 8 – Head, Neck and Spinal Injuries
Waterfront Skills
Waterpark Skills
Administering Emergency Oxygen
Pool – Submerged Rescues and Spinals
Reading assignment: Chapters 8, 10, 11

Class Four – Thursday, June 9

Class 8:00am-noon Pool 1:00pm-5:00pm
WRITTEN EXAMS:
CPR/AED/First Aid – Review Chapters 7-9
Lifeguarding Skills - Review Chapters 1-6 and 11 for exam
Administering Emergency Oxygen – Review pages 248-253 for exam. Memorize table on page 252
Waterpark Skills – Review pages 33-34, 44, 105-112 and 348-349
Waterfront Skills - Review pages 34-38, 43, 153-160 and 192-197
Pool
Skills Review
Final In-Water Skills Scenarios

Students must participate in all classes to complete the course – bring a bathing suit and towel 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 should complete the reading assignment before class. Students must be able to open eyes under water. It is recommended contact lens be removed for in-water activities to prevent loss. Jewelry and swim goggles may not be worn when practicing rescue skills to prevent injuries.