

**2021 Red Cross Lifeguarding Training Class**  
**Summer Session: June 21 to 24, 2021 – 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 21**

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 22**

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 23**

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 24**

Class 8:00am-noon Pool 1:00pm-5:00pm  
**WRITTEN EXAMS:**  
**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.