

2021 Red Cross Lifeguarding Training Class
June 14 to 17, 2021 – Salmon, Idaho
Classes meet from 6:00am to 11:30am
Attendance at ALL Lifeguarding Training Classes is MANDATORY
There are no make-up lessons for this class

Class One – Monday, June 14

Class 6:00am-8:00am Pool 8:00am-11:30am

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 15

Class 6:00am-8:00am Pool 8:00am-11:30am

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 16

Class 6:00am-8:00am Pool 8:00am-11:30am

Lesson 7 – First Aid

Lesson 8 – Head, Neck and Spinal Injuries

Waterpark Skills

Pool – Submerged Rescues and Spinals

Reading assignment: Chapters 8, 10, 11

Class Four – Thursday, June 17

Class 6:00am-8:00am Pool 8:00am-11:30am

WRITTEN EXAMS:

Lifeguarding Skills - Review Chapters 1-6 and 11 for exam

Waterpark Skills – Review pages 33-34, 44, 105-112 and 348-349

Pool

Skills Review

Final In-Water Skills Scenarios

Classroom training – Salmon City Hall, 200 Main Street, Salmon, ID 83467

Pool training – Salmon City Pool, Salmon, ID 83467

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.