

**2022 Red Cross Lifeguarding Training Class**  
**June 10 to 14, 2022 – Salmon, Idaho**  
**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 – Friday, June 10**

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 – Saturday, June 11**

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 – Monday, June 13**

Class 8:00am-noon Pool 1:00pm-5:00pm

Lesson 7 – First Aid

Lesson 8 – Head, Neck and Spinal Injuries

Waterpark Skills

Administering Emergency Oxygen

Pool – Submerged Rescues and Spinals

Reading assignment: Chapters 8, 10, 11

**Class Four – Tuesday, June 14**

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

Pool

Skills Review

Final In-Water Skills Scenarios

**Classroom training – Salmon City Center, 200 Main Street, Salmon, ID 83467**

**Pool training – Salmon City Pool, Main Street, 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.