

**2018 Red Cross Lifeguarding Training Class**  
**Blended Learning**  
**Winter Session: February 13 to March 8, 2018**  
**Attendance at ALL Lifeguarding Training Classes is MANDATORY**  
**There are no make-up lessons for this class**

**Class One – Tuesday, February 13**

Introduction – Classroom 5:45-6:30p

Prerequisite skills test – Pool 6:30-7:30p

- 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 7:30-9:15p

Lesson 1 – The Professional Lifeguard

Lesson 2 - Facility Safety and Patron Surveillance

Lesson 3 – Injury Prevention

Reading assignment: None

eLearning Modules:

- Introduction – 0:05
- The Professional Lifeguard – 0:15
- Facility Safety and Patron Surveillance – 2:10
- Injury Prevention – 0:40

**Class Two – Thursday, February 15**

Classroom 5:45-6:00p Pool 6:00-9:15p

Lesson 4 – Water Rescue Skills

Reading assignment: Chapters 1, 2, 3, 4, 5 and 6

eLearning Modules:

- Water Rescue Skills – 1:00

**Class Three – Tuesday, February 20**

Classroom 5:45-8:00p Pool 8:00-9:15p

Lesson 5 – Before Providing Care, Victim

Assessment and Breathing Emergencies

Reading assignment: Chapters 7 and 8

eLearning Modules:

- Before Providing Care and Breathing Emergencies – 0:40

**Class Four – Thursday, February 22**

Classroom 5:45-8:00p Pool 8:00-9:15p

Lesson 6 – Cardiac Emergencies and Using an AED

Reading assignment: Chapter 9

eLearning Modules:

- Cardiac Emergencies and Using an AED – 0:45

**Class Five – Tuesday, February 27**

Classroom 5:45-7:00p Pool 7:00-9:15p

Lesson 7 – First Aid

Lesson 8 – Head, Neck and Spinal Injuries

Waterfront Skills module

Waterpark Skills module

Reading assignment: Chapters 10 and 11

eLearning Modules:

- First Aid – 0:55
- Head, Neck and Spinal Injuries – 0:30
- Conclusion – Varies (written exam)

**CPR/AED Written Exam online**

**Class Six – Thursday, March 1**

Classroom 5:45-7:15p Pool 7:15-9:15p

Administering Emergency Oxygen

**WRITTEN EXAM: Lifeguarding Skills**

**Class Seven – Tuesday, March 6**

Class 5:45-6:45p Pool 6:45-9:15p

**WRITTEN EXAM: Admin. Emergency Oxygen**

**WRITTEN EXAM: Waterfront Skills**

**WRITTEN EXAM: Waterpark Skills**

Review Chapters 1-6, 8 and 11 for exam

In-water skills review

**Class Eight – Thursday, March 8**

Pool 5:45-9:15p

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 and online assignments before each class (except Class 1.) **Students must be able to open eyes under water and dive to 13 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.