

Prepared by the Department of: Natural Science and Life Fitness

Date of Departmental Approval: 2/5/07

Date approved by Curriculum and Programs: October 29, 2007

Effective: Fall 2007

1. Course Number: FIT133
Course Title: Lifeguard Training (LGT)

2. Description: The course will afford students the opportunity to develop the knowledge and skills associated with safety, supervision and rescue in an aquatic environment. Emphasis will be placed on the development of skills designed to save the life of another in an aquatic emergency. Those successfully completing the course will be certified by the American Red Cross in Lifeguard Training (R94) (including First Aid certification), CPR for the Professional Rescuer and Waterfront Lifeguarding. LGT Certification indicates the minimum skills training for a person to qualify as a non-surf lifeguard. Students must be able to pass a swimming proficiency test completed at second class meeting.

3. Student Learning Outcomes (instructional objectives, intellectual skills):

Upon successful completion of this course, students are able to do the following:

- Identify the characteristics and responsibilities of a professional lifeguard.
- Identify basic decision-making skills and explain how they apply to lifeguarding.
- Define legal considerations and explain how they apply to lifeguarding.
- Explain and demonstrate the use of communication and facility safety checks as they relate to patron safety.
- Explain the role of management as it relates to its patrons and lifeguards.
- Discuss how to be prepared for and deal with unsafe weather conditions.
- Explain and demonstrate the four elements of effective surveillance.
- Explain the purpose and components of an emergency action plan.
- Explain the general procedures for rescuing a victim in a water emergency.
- Demonstrate how to safely and effectively utilize rescue equipment, assist distressed victims and rescue drowning victims.
- Discuss the general procedures for treatment of injury or sudden illness on land and precautions to prevent disease transmission.
- Recognize and provide care for a respiratory emergency.
- Recognize and provide care for a cardiac emergency
- Explain and demonstrate the use of an AED
- Evaluate nonlife-threatening injuries and demonstrate the skills for providing secondary first aid care.
- Recognize and provide care for spinal injury victims in the water and on land.
- Explain organized rescue procedures and demonstrate the abilities to participate in water searches.

4. Credits: 3 credits

5. Satisfies General Education Requirement: No

6. Prerequisite: None

7. Semester(s) Offered: Fall, Spring

8. General Statement of Evaluation: 35% Written Examination (Minimum scores of 80% are required for all certification testing); 35% Skills Demonstration (All skills must be satisfactorily completed to qualify for certification); 30% Daily Class Assignments (preparation, presentation and demonstration).

9. General Topical Outline (Optional):

Section 1

Prerequisite Swimming Skills Test

Section 2

Introduction to Lifeguarding

Characteristics of a Professional Lifeguard
Decision Making
Legal Considerations
Lifeguard Team
Preventing Injuries-Patron Safety
Safety Checks
Weather Conditions
Management and Safety

Section 3

Patron Surveillance
Victim Recognition
Effective Scanning, Guard Positioning, Guard Rotation
Coverage Responsibilities
Emergency Action Plans

Section 4

General Procedures for Water Emergencies
Rescue Equipment
Rescue Skills

- Entries (pool, waterfront, rescue board)
- Rescue approaches (swimming and rescue board)
- Assists - Simple, Extension (deck/swimming), Throwing
- Active, Passive, Submerged and Multiple Victim Rescues
- Rescue Board – Active, Passive Victim
- Removals (pool and waterfront)
- Escapes
- Surface and Underwater Searches

Section 5

General Procedures for Injury or Sudden Illness on Land
Standard Precautions
Resuscitation Masks
Initial Assessment
Breathing Emergencies, Rescue Breathing, Bag-Valve-Mask
Resuscitation
Airway Obstruction (conscious, unconscious)
Cardiac Emergencies (one and two person CPR, AED's)
Severe Hemorrhage

Section 6

First Aid
Secondary Assessment
Sudden Illness
Wounds
Shock
Heat and Cold Emergencies
Injuries to Muscles, Bones and Joints

Section 7

Identifying and Caring for Head, Neck and Back Injuries
Water Care (in-line stabilization and boarding in shallow and deep water)
Land Care

Section 8

Sightings and Cross Bearings
Shallow and Deep Water Line Searches
Missing Persons Drills

Final Skill Testing Scenarios