HPE225: LIFEGUARD TRAINING

I. Prerequisite: HPE220 or Intermediate Swimming skills and permission.  
3 semester hours credit

Lifeguard Training deals with the development of knowledge and skills necessary for saving a life in the event of an emergency. This course will meet all of the requirements for the American Red Cross Lifeguard Certificate. Lifeguard Training will meet the P.E. requirement for the Associate Degree. (S)

II. GENERAL COURSE OBJECTIVES

Upon completion of this course, the student will be able to:

A. Understand the value of behaving in a professional manner.
B. Learn how to recognize specific characteristic behaviors of distressed swimmers, active and passive drowning victims, and near-drowning victims.
C. Recognize an aquatic emergency, and act promptly and appropriately.
D. Perform equipment-based skills and techniques used by professional lifeguards.
E. Perform proper techniques to care for a possible spinal injury.
F. Learn how to provide first aid and CPR.

III. COURSE OUTLINE (COURSE CONTENT WILL BE DRAWN FROM THIS)

A. The Professional Lifeguard
B. Inquiry Prevention and Facility Safety
C. Patron Surveillance
D. Emergency Preparation
E. Rescue Skills
F. Breathing and Cardiac Emergencies
G. First Aid
H. Care for Head, Neck, and Back Injuries in the Water
I. Automated External Defibrillation (AED)
J. Preventing Disease Transmission

IV. UNIT OBJECTIVES

A. The Professional Lifeguard
1. Identify the characteristics of a professional lifeguard
2. Identify the benefits of being a professional lifeguard
3. Identify the responsibilities of a professional lifeguard
4. Identify process of decision-making
5. Identify the legal considerations
6. Identify the lifeguard team
7. Identify how the facility management promotes lifeguard professionalism
8. How to maintain your skills and knowledge

B. Injury Prevention and Facility Safety
1. How to prevent injuries through patron safety
2. How to communicate with patrons
3. How to educate patrons about inappropriate behavior
4. How to enforce rules and regulations that prevent injury
5. How to conduct safety checks
6. How to cope with various weather conditions for outdoor pools/facilities and indoor pool
7. How management contributes to safety

C. Patron Surveillance
1. Identify victim recognition
2. How the “RID Factor” causes drowning
3. Demonstrate proper scanning techniques
4. Demonstrate how to utilize proper lifeguard stations
5. Identify the area of responsibility for a multi-guard facility
6. Demonstrate surveillance during special activities

D. Emergency Preparation
1. List when and how to respond to emergencies
2. Understand the Emergency Action Plans (EAPS)
3. Identify actions after an emergency

E. Rescue Skills
1. Know general procedures for a water emergency
2. Demonstrate how to use rescue tube for
   a. entries
   b. rescues at or near the surface
   c. rescuing a submerged victim
3. Demonstrate how to escape from grasp of victim
4. Demonstrate how to rescue multiple victims
5. Demonstrate how to remove victim from the water

F. Breathing and Cardiac Emergencies
1. List what to do before providing care
2. Identify basic precautions to prevent disease transmission
3. Identify general procedures for injury or sudden illness on land
4. Demonstrate how to move a victim
5. Demonstrate how to help in/with
   a. breathing emergencies
   b. cardiac emergencies
   c. CPR
   d. Oxygen Administration
   e. Automated External Defibrillators (AEDs)
   f. two - rescuer - CPR - Adult
   g. using a Valve Mask - two rescuers

G. First Aid
Discuss
1. How to help in:
   a. sudden illness
   b. bites and stings
   c. poisonings
2. Demonstrate how to care for wounds
3. Demonstrate how to care for injuries to muscles, bones
4. Identify how to care for heat - and cold - related emergencies
5. Demonstrate how to control bleeding
6. Demonstrate how to apply a sling and binder
7. Demonstrate how to help with head, neck, and back injuries on land

H. Caring for Head, Neck, and Back Injuries in the water
1. Identify how to prevent head, neck, and back injuries in water
2. Identify causes of head, neck, and back injuries
3. Demonstrate how to care for head, neck and back injuries in deep water
4. Demonstrate how to care for head, neck, and back injuries in extreme shallow water

I. Automated External Defibrillation (AED)
1. Describe when the heart fails
2. Identify when to use a defibrillator
3. Demonstrate how to use an AED

J. Preventing Disease Transmission
1. Identify why this training is important
2. Identify OSHA regulations
3. Identify how infection occurs
4. Identify how diseases spread
5. Identify how to protect yourself from disease transmission

V. METHOD(S) OF INSTRUCTION

A. Instructor lectures
B. Video demonstrations
C. Instructor demonstrations
D. Group and individual projects

VI. REQUIRED TEXTBOOK (WITH PUBLICATION INFORMATION)


VII. REQUIRED MATERIALS

A. Textbook
B. Personal face shield
C. Personal licra or nylon gloves
D. Swim suit
E. Towels

VIII. METHOD OF EVALUATION (student)

A. Written Exams
B. Practicum Evaluations
C. Attendance and Participation

IX. CERTIFICATE VALIDITY

A. Lifeguard Training (including First Aid) - 3 years
B. CPR for the Professional Rescuer - 1 year
JEFFERSON COLLEGE
COURSE SYLLABUS

HPE225
LIFEGUARD TRAINING
3 Credit Hours

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