

# Lifeguard Course Outline

## PRE-REQUISITE SKILLS

Skill	Objective(s) and/or Physical Skills	Time (minutes)
Introduction	<ul style="list-style-type: none"> <li>Provide Overview of Pre-Requisite Requirements</li> <li>Verify Participant Age &amp; Identity</li> </ul>	15
Performance of Pre-Requisite Skills	<ul style="list-style-type: none"> <li>Evaluate the skills of each participant</li> </ul>	45
Conclusion	<ul style="list-style-type: none"> <li>Provide course details – date(s), time(s), location(s)</li> </ul>	5
<b>Total Time (minutes)</b>		<b>65</b>

## PREVENTIONS

### Chapter I – Introduction to Lifeguarding

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Course Introduction	<ul style="list-style-type: none"> <li>Introduce oneself and have participants introduce themselves</li> <li>Outline the purpose of the course</li> </ul>	10
Primary Responsibility	<ul style="list-style-type: none"> <li>Identify the primary responsibility of a lifeguard.</li> </ul>	12
Lifeguard Safety & Well Being	<ul style="list-style-type: none"> <li>Identify hazards to a lifeguard.</li> <li>Explain how a lifeguard can remain alert while on duty.</li> </ul>	15
Professional Lifeguard	<ul style="list-style-type: none"> <li>Identify the characteristics and behaviors of a professional lifeguard.</li> </ul>	25
Best Practices & Three “R’s”	<ul style="list-style-type: none"> <li>Review best practices for on-duty lifeguards.</li> <li>Identify and understand the three “R’s”</li> </ul>	25
Preventative Lifeguarding	<ul style="list-style-type: none"> <li>Define preventative lifeguarding.</li> <li>Explain the characteristics &amp; best practices of preventative lifeguarding.</li> </ul>	20
Legal Information for Lifeguards	<ul style="list-style-type: none"> <li>Identify the legal issues for which lifeguards need to have an awareness and understanding.</li> <li>Explain lifeguard responsibilities as they relate to legal issues that include: duty to act, standard of care, negligence, consent, refusal of care, abandonment, confidentiality, documentation.</li> </ul>	25
<b>Total Time (minutes)</b>		<b>132</b>

### Chapter 2 – Personal Protective Equipment (PPE)

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Bloodborne Pathogens	<ul style="list-style-type: none"> <li>Define bloodborne pathogens.</li> </ul>	15
Standard Precautions	<ul style="list-style-type: none"> <li>Identify the standard precautions to be used when providing emergency care.</li> </ul> Demonstration and Practice of: <ul style="list-style-type: none"> <li>Removal and proper disposal of gloves</li> </ul>	10

Reducing Exposure	<ul style="list-style-type: none"> <li>Identify the methods &amp; best practices to prevent exposure to bloodborne pathogens.</li> </ul>	5
Fecal Cleanups	<ul style="list-style-type: none"> <li>Identify and explain the best practices when dealing with fecal matter in the swimming area.</li> </ul>	5
<b>Total Time (minutes)</b>		35

### Chapter 3 – Risk Management

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Risk Management & Safety	<ul style="list-style-type: none"> <li>Explain general facility risks.</li> <li>Explain how to identify and mitigate risks to patrons.</li> </ul>	25
<b>Total Time (minutes)</b>		25

### Chapter 4 – Rules Enforcement

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Rules Establishment & Enforcement	<ul style="list-style-type: none"> <li>Explain the basis of establishing rules.</li> <li>State how to communicate rules to patrons.</li> </ul>	5
Educating Patrons	<ul style="list-style-type: none"> <li>Understand the benefits of educating patrons on rules.</li> </ul>	5
Hypoxic Blackout	<ul style="list-style-type: none"> <li>Explain hypoxic blackout and the dangers of voluntary hyperventilation.</li> </ul>	5
<b>Total Time (minutes)</b>		15

## RECOGNITION

### Chapter 5 Drowning

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Statistics & Facts	<ul style="list-style-type: none"> <li>Identify general facts with regard to accidental drowning incidents across the world.</li> </ul>	10
Definition & Process	<ul style="list-style-type: none"> <li>Define drowning</li> <li>Explain the drowning process.</li> </ul>	25
<b>Total Time (minutes)</b>		35

### Chapter 6 – Patron Surveillance

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Zone Coverage	<ul style="list-style-type: none"> <li>Explain the concept of zone coverage when providing patron surveillance.</li> </ul>	20
Back-Up Coverage	<ul style="list-style-type: none"> <li>Explain the concept of back-up coverage and explain how it is applied during an emergency.</li> </ul>	20
<b>Total Time (minutes)</b>		40

### Chapter 7 – Scanning

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
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Techniques	<ul style="list-style-type: none"> <li>Understand and be able to execute proper scanning techniques.</li> </ul>	15
Rotations	<ul style="list-style-type: none"> <li>Understand the characteristics of a proper lifeguard rotation.</li> <li>Demonstrate an effective lifeguard rotation.</li> </ul>	15
<b>Total Time (minutes)</b>		30

### Chapter 8 – Victim Recognition

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Signs of Distress	<ul style="list-style-type: none"> <li>Understand and be able to recognize the signs and a distressed swimmer.</li> </ul>	10
RID Factor	<ul style="list-style-type: none"> <li>Identify the factors that may lead to accidents and incidents of drowning at guarded facilities.</li> </ul>	15
<b>Total Time (minutes)</b>		25

### RESPOND

#### Chapter 9 – Emergency Action Plan (EAP)

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Emergency Action Plans (EAPs)	<ul style="list-style-type: none"> <li>Define an EAP and its purpose</li> <li>Develop sample EAPs for students' facilities</li> </ul>	30
Communication	<ul style="list-style-type: none"> <li>Explain the types of and need for reliable communication from lifeguard to lifeguard and between lifeguard(s) and other staff members.</li> </ul>	10
<b>Total Time (minutes)</b>		40

### Chapter 10 – Water Emergencies

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Assists	Demonstration and Practice of: <ul style="list-style-type: none"> <li>Tossing Assist</li> <li>Reaching Assist</li> </ul>	45
Water Entries & Approaches	Demonstration and Practice of: <ul style="list-style-type: none"> <li>Feet-First Dive</li> <li>Head-First Dive</li> <li>Compact Jump</li> <li>Stride Jump</li> <li>Slip In</li> <li>Front Crawl with Head Out of Water &amp; Eyes on Victim(s)</li> <li>Breaststroke or Walk to a Victim of Suspected Spinal Trauma</li> </ul>	30
Water Rescues & Escapes	Demonstration and Practice of: <ul style="list-style-type: none"> <li>Front Escape</li> <li>Rear Escape</li> </ul>	120

	<ul style="list-style-type: none"> <li>• Active Victim Rear Rescue</li> <li>• Active Victim Front Rescue</li> <li>• Passive Victim Rear Rescue</li> <li>• Passive Victim Front Rescue</li> <li>• Multiple Victim Rescue</li> <li>• Submerged Victim Rescue</li> </ul>	
Extraction from Water	Demonstration and Practice of: <ul style="list-style-type: none"> <li>• Walking assist from zero depth</li> <li>• Quick extraction of active or passive victim using backboard</li> <li>• Extraction of Spinal Trauma victim on a backboard</li> </ul>	35
<b>Total Time (minutes)</b>		230

## Chapter II – Spinal Trauma

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Signs & Symptoms	<ul style="list-style-type: none"> <li>• Identify the signs &amp; symptoms of possible spinal trauma</li> </ul>	25
Stabilization of Suspected Spinal Trauma	<ul style="list-style-type: none"> <li>• Explain why, when, and how one uses spinal stabilization techniques both in and out of the water.</li> <li>• Explain the need for aquatic facilities to consult local medical direction on best practices in caring for an in-water spinal trauma victim.</li> </ul> Demonstration and Practice of: <ul style="list-style-type: none"> <li>• Head-Chin-Chest Grip</li> <li>• Arm Splints</li> <li>• Seated Stable Carry</li> <li>• Backboarding</li> <li>• Using a C-Collar</li> </ul>	175
<b>Total Time (minutes)</b>		200

## Chapter I2 – ASHI First Aid

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
See ASHI (an HSI company) First Aid Course Outline	SEE ASHI FIRST AID MANUAL	150-180 minutes

## Chapter I3 – ASHI Basic Life Support (BLS)

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
See ASHI (an HSI company) BLS Course Outline	SEE ASH BLS MANUAL	240-300 minutes

**FACILITIES**

**Chapter I4 – Continuing Education & In-Services**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Continuing Education & In-Services	<ul style="list-style-type: none"> <li>• Explain the need for continuing practice to keep skills sharp.</li> <li>• Explain the need for regular in-service training.</li> </ul>	15
<b>Total Time (minutes)</b>		15

**Chapter I5 – Special Scenarios**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
One Guard Facilities	<ul style="list-style-type: none"> <li>• Identify the limitations of one lifeguard facilities.</li> <li>• Identify physical skills that require adapting if working a one lifeguard facility.</li> <li>• Explain how to adapt physical skills at a one lifeguard facility to be able to provide effective emergency care.</li> </ul>	20
Facilities with Special Features	<ul style="list-style-type: none"> <li>• Identify the unique challenges presented by specific facility features.</li> <li>• Explain how to provide emergency care when dealing with these specific facility features.</li> </ul>	25
<b>Total Time (minutes)</b>		45

**FINAL WRITTEN EXAM**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Written Exam		45
<b>Total Time (minutes)</b>		45

**FINAL PHYSICAL SKILLS EVALUATION**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Evaluation of Physical Skills		120
<b>Total Time (minutes)</b>		120

**TOTAL LIFEGUARD CURRICULUM COURSE TIME:**

**18 Hours, 17 Minutes**

**TOTAL COURSE TIME CPR/AED (ASHI BLS)/FIRST AID:**

**6 HOURS, 30 MINUTES – 8 HOURS, 0 MINUTES (see chapters 12 & 13)**

**TOTAL COURSE TIME (WASH LIFEGUARDING & ASHI BLS/FIRST AID):**

**24 HOURS, 47 MINUTES – 26 HOURS, 17 MINUTES**

### 3-Day Teaching Plan

**DAY #1 Topics**

Pre-Requisites – End of Chapter 9

**Approximate Time:**

7 Hours, 22 Minutes

**DAY #2 Topics**

Chapter 10 – Chapter 12

9 Hours, 40 Minutes – 10 Hours, 10 Minutes

**DAY #3 Topics**

Chapter 13 – Written & Skills Evaluations

7 Hours, 45 Minutes – 8 Hours, 45 Minutes

**TOTAL TIME:**

**24 Hours, 47 Minutes – 26 Hours, 17 Minutes**

**IMPORTANT NOTES:**

- Total Time includes CPR/AED (ASHI BLS); ASHI First Aid; Lifeguarding including pre-requisites and final written and skills exams/evaluations.
- Time for each Lesson includes delivery of Content Knowledge as well as Demonstration & Practicing of Physical Skills

**Chapter I6 – Waterfront Module (optional add-on)**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Special Considerations	<ul style="list-style-type: none"> <li>• Identify special and unique features when guarding open water.</li> <li>• Explain best practices for dealing with the special features of open water environments.</li> </ul>	20
Submerged Victims	<ul style="list-style-type: none"> <li>• Explain how to mark a victim's last known position in an open water environment.</li> <li>• Detail the procedures (shallow and deep water) to conduct a line search to locate a submerged victim when bottom cannot be seen.</li> </ul>	20
Equipment	<ul style="list-style-type: none"> <li>• Identify special equipment used to lifeguard in an open water environment.</li> <li>• Demonstrate effective use of rescue equipment and technique(s).</li> </ul>	20
<b>Total Time (minutes)</b>		<b>60</b>