

Lifeguard Course Outline – Blended Format

PRE-REQUISITE SKILLS

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

BLENDED FORMAT IN-PERSON SESSIONS

Lesson & Chapter	Objective(s) and/or Physical Skills	Time (minutes)
Course Introduction	<ul style="list-style-type: none"> Introduce oneself and have participants introduce themselves Outline the purpose of the course 	15
Professional Lifeguard – Chapter 1	<ul style="list-style-type: none"> Identify the characteristics and behaviors of a professional lifeguard. 	30
Best Practices Chapter 1	<ul style="list-style-type: none"> Review best practices for on-duty lifeguards. Identify & understand the three R's 	45
Personal Protective Equipment (PPE) - Chapter 2	<ul style="list-style-type: none"> Demonstrate glove removal and proper disposal. Define bloodborne pathogens Identify best practices to prevent exposure to bloodborne pathogens & cleaning fecal matter in swimming area. 	35
Risk Management - Chapter 3	<ul style="list-style-type: none"> Explain general facility risks. Explain how to identify and mitigate risks to patrons. 	25
Rules Enforcement - Chapter 4	<ul style="list-style-type: none"> Explain the basis of establishing rules. Explain best practices for communicating rules to patrons. Explain hypoxic blackout and the dangers of voluntary hyperventilation. 	20
Drowning Process – Chapter 5	<ul style="list-style-type: none"> Define drowning Explain the drowning process 	35
Preventative Lifeguarding – Chapter 1	<ul style="list-style-type: none"> Define preventative lifeguarding. Explain the characteristics & best practices of preventative lifeguarding. 	30
Patron Surveillance – Chapter 6	<ul style="list-style-type: none"> Explain the concept of zone coverage when providing patron surveillance 	30

	<ul style="list-style-type: none"> • Explain the concept of back-up coverage and explain how it is applied during an emergency 	
Scanning – Chapter 7	<ul style="list-style-type: none"> • Understand and be able to execute proper scanning techniques • Understand the characteristics of a proper lifeguard rotation • Demonstrate an effective lifeguard rotation 	35
Victim Recognition – Chapter 8	<ul style="list-style-type: none"> • Understand and be able to recognize the signs of a distressed swimmer • Identify the factors that may lead to accidents and incidents of drowning at guarded facilities 	35
Emergency Action Plan (EAP) – Chapter 9	<ul style="list-style-type: none"> • Explain the purpose of an EAP • Explain the types of and need for reliable communication from lifeguard to lifeguard and between lifeguard(s) and other staff members 	50
Assists – Chapter 10	<p>Demonstration and Practice of:</p> <ul style="list-style-type: none"> • Tossing Assist • Reaching • Walking Assist 	45
Water Entries & Approaches – Chapter 10	<p>Demonstration and Practice of:</p> <ul style="list-style-type: none"> • Feet-First Dive • Head-First Dive • Cannonball Jump • Scissors Jump • Slip In • Walk-In or Run-In • Front Crawl with Head Out of Water & Eyes on Victim(s) • Breaststroke or Walk to a Victim of Suspected Spinal Trauma 	60
Water Rescues & Escapes – Chapter 10	<p>Demonstration and Practice of:</p> <ul style="list-style-type: none"> • Front Escape • Rear Escape • Active Victim Rear Rescue • Active Victim Front Rescue • Passive Victim Rear Rescue • Passive Victim Front Rescue • Multiple Victim Rescue • Submerged Victim Rescue 	130
Extraction from Water – Chapter 10	<p>Demonstration and Practice of:</p> <ul style="list-style-type: none"> • Walking assist from zero depth • Quick extraction of active or passive victim using backboard • Extraction of Spinal Trauma victim on a backboard 	55
Stabilization of Suspected Spinal Trauma – Chapter 11	<ul style="list-style-type: none"> • Explain why, when, and how one uses spinal stabilization techniques both in and out of the water. 	185

	<ul style="list-style-type: none"> Explain the need for aquatic facilities to consult local medical direction on best practices in caring for an in-water spinal trauma victim. Demonstration and Practice of: <ul style="list-style-type: none"> Head-Chin-Chest Grip Arm Splints Seated Stable Carry Backboarding Using a C-Collar 	
Total Time (minutes)		860

Chapter 12 – 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	120-150 minutes

Chapter 13 – ASHI Basic Life Support (BLS)

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
See ASHI (an HSI company) Basic Life Support (BLS) Course Outline	SEE ASHI BLS MANUAL	150-210 minutes

Chapter 14 –

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Continuing Education & In-Services – Chapter 14	<ul style="list-style-type: none"> Explain the need for continuing skills practice & regular in-service training. 	15

Chapter 15 –

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Special Scenarios – Chapter 15	<ul style="list-style-type: none"> Identify the limitations of, physical skills requiring adaptation, and how to provide effective emergency care at one guard facilities. Identify unique challenges presented by specific features. 	25

FINAL WRITTEN EXAM

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

FINAL PHYSICAL SKILLS EVALUATION

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

TOTAL LIFEGUARD CURRICULUM COURSE TIME (does not include pre-reqs and/or the written and/or practical assessments):

15 Hours, 0 Minutes

TOTAL ASHI BLS/FIRST AID FOR COURSE TIME:

4 HOURS, 30 MINUTES – 6 HOURS, 0 MINUTES

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

19 HOURS, 30 MINUTES – 21 HOURS, 0 MINUTES

IMPORTANT NOTES:

*It is recommended that the in-person sessions for a Blended Format Lifeguard course be delivered over the course of two consecutive days. WASH, however, recognizes that facility constraints may impact the course schedule – instructors should breakdown the course outline into multiple sessions as needed but, stopping points should only be after the completion of a lesson.

** Time for each Lesson includes delivery of Content Knowledge as well as Demonstration & Practicing of Physical Skills

