

Lifeguard Re-Certification

Course Outline

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 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

PREVENTIONS

Chapter I – Introduction to Lifeguarding

Lesson	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 	10
Professional Lifeguard	<ul style="list-style-type: none"> Identify the characteristics and behaviors of a professional lifeguard 	10
Best Practices	<ul style="list-style-type: none"> Review best practices for on-duty lifeguards 	10
Preventative Lifeguarding	<ul style="list-style-type: none"> Define preventative lifeguarding Explain the characteristics & best practices of preventative lifeguarding 	10
Total Time (minutes)		40

Chapter 2 – Risk Management

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Risk Management & Safety	<ul style="list-style-type: none"> Explain general facility risks Explain how to identify and mitigate risks to patrons 	15
Total Time (minutes)		15

Chapter 4 – Rules Enforcement

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Rules Establishment & Enforcement	<ul style="list-style-type: none"> Explain the basis of establishing rules State how to communicate rules to patrons 	5
Educating Patrons	<ul style="list-style-type: none"> Understand the benefits of educating patrons about rules 	5

Hypoxic Blackout	<ul style="list-style-type: none"> Define hypoxic blackout and explain the dangers of voluntary hyperventilation 	5
Total Time (minutes)		15

RECOGNITION

Chapter 5 – Drowning

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Definition & Process	<ul style="list-style-type: none"> Define drowning Explain the drowning process 	20
Total Time (minutes)		20

Chapter 6 – Patron Surveillance

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Zone Coverage	<ul style="list-style-type: none"> Explain the concept of zone coverage when providing patron surveillance 	15
Back-Up Coverage	<ul style="list-style-type: none"> Explain the concepts of back-up coverage and explain how it is applied during an emergency 	15
Total Time (minutes)		30

Chapter 7 – Scanning

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Techniques	<ul style="list-style-type: none"> Understand and be able to execute proper scanning techniques 	10
Rotations	<ul style="list-style-type: none"> Understand the characteristics of a proper lifeguard rotation Demonstrate an effective lifeguard rotation 	10
Total Time (minutes)		20

Chapter 8 – Victim Recognition

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Signs of Distress	<ul style="list-style-type: none"> Understand and be able to recognize the signs and symptoms of a distressed swimmer 	5
RID Factor	<ul style="list-style-type: none"> Identify the factors that may lead to accidents and incidents of drowning at guarded facilities 	10
Total Time (minutes)		15

RESPOND

Chapter 9 – Emergency Action Plan (EAP)

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Emergency Action Plans (EAP's)	<ul style="list-style-type: none"> Define an EAP and its purpose Develop sample EAP's for students' facilities 	20
Communication	<ul style="list-style-type: none"> Explain the types of and need for reliable communication from lifeguard to lifeguard and between lifeguard(s) and other staff members 	10
Total Time (minutes)		30

Chapter 10 – Water Emergencies

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Assists	Demonstration and Practice of: <ul style="list-style-type: none"> Tossing Assist Reaching Assist 	30
Water Entries & Approaches	Demonstration and Practice of: <ul style="list-style-type: none"> Feet-First Dive Head-First Dive Compact Jump Stride Jump Slip In Front Crawl with Head Out of Water & Eyes on Victim(s) Breaststroke or Walk to a Victim of Suspected Spinal Trauma 	20
Water Rescues & Escapes	Demonstration and Practice of: <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 	90
Extraction from Water	Demonstration and Practice of: <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 	25
Total Time (minutes)		165

Chapter II – Spinal Trauma

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Signs & Symptoms	<ul style="list-style-type: none"> Identify the signs & symptoms of possible spinal trauma 	10
Stabilization of Suspected Spinal Trauma	<ul style="list-style-type: none"> Explain why, when, and how one uses spinal stabilization techniques both in and out of the water. 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 	100
Total Time (minutes)		110

Chapter I2 – 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	90-120

Chapter I3 – Basic Life Support (BLS)

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
See ASHI (an HSI company) BLS Course Outline	SEE ASHI BLS MANUAL	90-120

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"> Explain the need for continuing practice to keep skills sharp Explain the need for regular in-service training 	5
Total Time (minutes)		5

Chapter I5 – Special Scenarios

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
One Guard Facilities	<ul style="list-style-type: none"> Identify the limitations of one lifeguard facilities Identify physical skills requiring adaptation if working a one lifeguard facility Explain how to adapt physical skills at a one lifeguard facility to be able to provide effective emergency care 	20

Facilities with Special Features	<ul style="list-style-type: none"> Identify the unique challenges presented by specific facility features Explain how to provide emergency care when dealing with these specific facility features 	25
Total Time (minutes)		45

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 RECERTIFICATION CURRICULUM COURSE TIME:
12 Hours, 20 Minutes**

**TOTAL ASHI BLS/FIRST AID COURSE TIME:
3 HOURS, 0 MINUTES – 4 HOURS, 0 MINUTES**

**TOTAL COURSE TIME (WASH LIFEGUARDING RECERTIFICATION & ASHI BLS/FIRST AID):
15 HOURS, 20 MINUTES – 16 HOURS, 20 MINUTES**

IMPORTANT NOTES:

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"> Identify special and unique features when guarding open water. Explain best practices for dealing with the special features of open water environments. 	20
Submerged Victims	<ul style="list-style-type: none"> Explain how to mark a victim's last known position in an open water environment. Detail the procedures (shallow and deep water) to conduct a line search to locate a submerged victim when bottom cannot be seen. 	20
Equipment	<ul style="list-style-type: none"> Identify special equipment used to lifeguard in an open water environment. 	20

	<ul style="list-style-type: none">• Demonstrate effective use of rescue equipment and technique(s).	
Total Time (minutes)		60