

Pool 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
Primary Responsibility	<ul style="list-style-type: none"> • Identify the primary responsibility of a lifeguard 	10
Lifeguard Safety & Well Being	<ul style="list-style-type: none"> • Identify hazards to a lifeguard • Explain how a lifeguard can remain alert while on duty 	10
Professional Lifeguard	<ul style="list-style-type: none"> • Identify the characteristics and behaviors of a professional lifeguard 	20
Best Practices & the Three “R’s”	<ul style="list-style-type: none"> • Review best practices for on-duty lifeguards 	20
Preventative Lifeguarding	<ul style="list-style-type: none"> • Define preventative lifeguarding • Explain the characteristics & best practices of preventative lifeguarding 	15
Legal Information for Lifeguards	<ul style="list-style-type: none"> • Identify the legal issues for which lifeguards need to have an awareness and understanding • 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 	20
Total Time (minutes)		105

Chapter 2 – Personal Protective Equipment (PPE)

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

	<ul style="list-style-type: none"> • Removal and proper disposal of gloves 	
Reducing Exposure	<ul style="list-style-type: none"> • Identify the methods & best practices to prevent exposure to bloodborne pathogens 	10
Fecal Clean-Ups	<ul style="list-style-type: none"> • Identify and explain the best practices when dealing with fecal matter in the swimming area 	10
Total Time (minutes)		50

Chapter 3 – 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 	30
Total Time (minutes)		30

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 	10
Educating Patrons	<ul style="list-style-type: none"> • Understand the benefits of educating patrons about rules 	10
Hypoxic Blackout	<ul style="list-style-type: none"> • Define hypoxic blackout and explain the dangers of voluntary hyperventilation 	10
Total Time (minutes)		30

RECOGNITION

Chapter 5 – Drowning

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Statistics & Facts	<ul style="list-style-type: none"> • Identify general facts with regard to accidental drowning incidents across the world 	10
Definition & Process	<ul style="list-style-type: none"> • Define drowning • Explain the drowning process 	20
Total Time (minutes)		30

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 	25
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 	25
Total Time (minutes)		50

Chapter 7 – Scanning

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

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 	15
RID Factor	<ul style="list-style-type: none"> Identify the factors that may lead to accidents and incidents of drowning at guarded facilities 	15
Total Time (minutes)		30

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 	35
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)		45

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 	35
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 	35
Water Rescues & Escapes	Demonstration and Practice of: <ul style="list-style-type: none"> Front Escape 	145

	<ul style="list-style-type: none"> • Rear Escape • Active Victim Rear Rescue • Active Victim Front Rescue • Passive Victim Rear Rescue • Passive Victim Front Rescue • Multiple Victim Rescue • Submerged Victim Rescue 	
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 	35
Total Time (minutes)		250

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 	30
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 	150
Total Time (minutes)		180

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	120-150

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	180-240

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	20
Total Time (minutes)		20

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	25
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)		50

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 (does not include pre-reqs and/or the formal written and/or practical assessments):

15 Hours, 0 Minutes

TOTAL ASHI BLS/FIRST AID COURSE TIME:

5 HOURS, 0 MINUTES – 6 HOURS, 30 MINUTES

TOTAL COURSE TIME (WASH LIFEGUARDING RECERTIFICATION & ASHI BLS/FIRST AID):
20 HOURS, 0 MINUTES – 21 HOURS, 30 MINUTES

IMPORTANT NOTES:

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



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