

# Pool Lifeguard Course Outline

## PRE-REQUISITE SKILLS

| Lesson                              | 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 (treading, brick, swim)</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>         |   | 65             |

## PREVENTIONS

### Chapter I – Introduction

| 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>  | 15             |
| 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>      |  | 135            |

### 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> | 20             |

|                             |  |    |
|-----------------------------|--|----|
| 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> | 20 |
| Reducing Exposure           | <ul style="list-style-type: none"> <li>Identify the methods &amp; best practices to prevent exposure to bloodborne pathogens.</li> </ul>   | 10 |
| 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>   | 10 |
| <b>Total Time (minutes)</b> |  | 60 |

### 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> | 35             |
| <b>Total Time (minutes)</b> |   | 35             |

### 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> | 15             |
| Educating Patrons                 | <ul style="list-style-type: none"> <li>Understand the benefits of educating patrons on rules.</li> </ul>                                       | 15             |
| Hypoxic Blackout                  | <ul style="list-style-type: none"> <li>Explain hypoxic blackout and the dangers of voluntary hyperventilation.</li> </ul>                      | 15             |
| <b>Total Time (minutes)</b>       |  | 45             |

## 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>                   | 30             |
| 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> | 30             |
| <b>Total Time (minutes)</b> |  | 60             |

### Chapter 7 – Scanning

| Lesson                      | Objective(s) and/or Physical Skills  | Time (minutes) |
|-----------------------------|--|----------------|
| Techniques                  | <ul style="list-style-type: none"> <li>Understand and be able to execute proper scanning techniques.</li> </ul>  | 20             |
| 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> | 20             |
| <b>Total Time (minutes)</b> |  | 40             |

### 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>                          | 20             |
| 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> | 20             |
| <b>Total Time (minutes)</b> |  | 40             |

## 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>  | 40             |
| 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> | 15             |
| <b>Total Time (minutes)</b>   |  | 55             |

## Chapter 10 – Water Emergencies

| Lesson                      | Objective(s) and/or Physical Skills  | Time (minutes) |
|-----------------------------|--|----------------|
| Assists                     | Demonstration & 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 (Cannonball) Jump</li> <li>• Stride (Scissors) Jump</li> <li>• Slip (Slide) 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> | 45             |
| Water Rescues & Escapes     | Demonstration & Practice of: <ul style="list-style-type: none"> <li>• Front Escape</li> <li>• Rear Escape</li> <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>                            | 180            |
| Extraction from Water       | Demonstration & 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>   | 45             |
| <b>Total Time (minutes)</b> |  | 315            |

## Chapter 11 – 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> | 35             |

|  |  |     |
|--|--|-----|
| 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> <p>Demonstration and Practice of:</p> <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> | 185 |
| <b>Total Time (minutes)</b>              |  | 220 |

#### 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           | 150-180 minutes |

#### Chapter 13 – 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> | 20             |
| <b>Total Time (minutes)</b>        |  | 20             |

### 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> | 25             |
| 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>  | 30             |
| <b>Total Time (minutes)</b>      |  | 55             |

## 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** (without Pre-Reqs or the Written and/or Practical Assessments):

**18 Hours, 35 Minutes**

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

**6 HOURS, 30 MINUTES – 8 HOURS, 0 MINUTES** (see chapters I2 & I3)

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

**25 HOURS, 5 MINUTES – 26 HOURS, 35 MINUTES**

### 3-Day Teaching Plan

#### DAY #1 Topics

Pre-Requisites – End of Chapter 9

#### Approximate Time:

10 Hours, 10 Minutes

#### DAY #2 Topics

Chapter 10 – Chapter 12

11 Hours, 25 Minutes – 11 Hours, 55 Minutes

#### DAY #3 Topics

Chapter 13 – Written & Skills Evaluations

8 Hours, 0 Minutes – 9 Hours, 0 Minutes

#### TOTAL TIME:

29 Hours, 35 Minutes – 31 Hours, 5 Minutes

#### IMPORTANT NOTES:

- Total Time includes CPR/AED (ASHI BLS); ASHI First Aid; Lifeguarding including pre-requisites and final written and skills exams/evaluations. ***HENCE, THE TOTAL NUMBER OF HOURS IN THE TEACHING PLAN DO NOT MATCH THE TOTAL HOURS ON THE PREVIOUS PAGE.***
- Time for each Lesson includes delivery of Content Knowledge as well as Demonstration & Practicing of Physical Skills

