

# LIFEGUARD

LIFEGUARD INSTRUCTOR TABLET,  
V.2022



**World Academy of  
Safety & Health**



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### Skills Assessment Form (SAF)

**STUDENT NAME:** \_\_\_\_\_

Please place a mark next to the Certification Course in which the student was enrolled:

Pool Lifeguarding (P)     Shallow Pool Lifeguarding (SP)     Waterfront (WF)     Waterpark (WP)

Section/Chapter	Skill	Met Standard	Did Not Meet Standard	Required for:	Notes:		
<b>I.Pre-Reqs</b>	<b>Course Pre-Requisites</b>						
A.	Age Verification – 15 years of age			P, SP, WF, WP			
B.	10lb Brick Retrieval			P, SP, WF, WP			
C.	100 Yard Front Crawl Swim 300 Yard Front Crawl Swim 500 Yard Front Crawl Swim			SP P, WP WF			
D.	2 Minutes Treading Water with only Legs			P, SP, WF, WP			
<b>II.Chapter 10</b>	<b>Water Rescues:</b>						
A.	<b>Entries:</b>						

1.	Walking Entry			P, SP, WF, WP			
2.	Dash Entry (zero depth)			WF			
3.	Slip Entry			P, SP, WP			
4.	Cannonball Entry			P, SP, WP			
5.	Scissor Entry			P, SP, WP			
6.	Feet First Dive Entry			P, SP, WF, WP			
7.	Shallow Dive Entry/Head First Surface Dive			P, WF, WP			
<b>B.</b>	<b>Approaches to Victim:</b>						
1.	While wearing rescue tube high across chest, swim front stroke to victim			P, SP, WF, WP			
2.	While wearing rescue tube & allowing it to trail, swim front stroke to victim			P, SP, WF, WP			
3.	While wearing rescue tube & allowing it to trail, walk in shallow water to victim			P, SP, WF, WP			
<b>C.</b>	<b>Escapes From a Victim:</b>						
1.	Frontal Hold Escape Method			P, SP, WF, WP			
2.	Rear Hold Escape Method			P, SP, WF, WP			
<b>D.</b>	<b>Water Assist for Victim:</b>						
1.	Walk Assist			P, SP, WF, WP			
2.	Reaching Assist			P, SP, WF, WP			
3.	Tossing Assist			P, SP, WF, WP			
<b>D.</b>	<b>Water Rescue for Victim:</b>						
1.	Active Victim Frontal Rescue			P, SP, WF, WP			
2.	Active Victim Rear Rescue			P, SP, WF, WP			

3.	Active Multiple Victim Rescue			P, SP, WF, WP				
4.	Passive Victim			P, SP, WF, WP				
5.	Submerged Active Victim Shallow Water			P, SP, WF, WP				
6.	Submerged Victim Deep Water			P, WF, WP				
<b>E.</b>	<b>Removing Victim from Water</b>							
1.	Drag Assist			P, SP, WF, WP				
2.	Carry Assist			P, SP, WF, WP				
3.	Stabilized Removal (see Spinal Trauma)							
<b>III.Chapter 11</b>	<b>Spinal Trauma</b>							
<b>A.</b>	<b>In-Line Stabilization</b>							
1.	Arm Splints – Face Up Victim			P, SP, WF, WP				
2.	Arm Splints & Roll - Face Down Victim			P, SP, WF, WP				
3.	Arm Splints – Submerged Victim			P, SP, WF, WP				
4.	Head-Chin-Chest Grip – Face Up Victim			P, SP, WF, WP				
5.	Head-Chin-Chest Grip & Roll – Face Down Victim			P, SP, WF, WP				
6.	Head-Chin-Chest Grip – Submerged Victim			P, SP, WF, WP				
<b>B.</b>	<b>Spineboard</b>							
1.	Vertical Spineboarding – On Land			P, SP, WF, WP				
2.	Spineboarding – Shallow Water			P, SP, WF, WP				
3.	Spineboarding – Deep Water			P, WF, WP				
4.	Spineboarding – Zero Depth			P, SP, WF, WP				

5.	Spineboarded Victim Removal from Pool			P, SP, WP				
<b>IV.Chapter12</b>	<b>CPR/AED –ASHI (an HSI company) Basic Life Support (BLS) Course</b>			REQUIRED FOR ALL WASH COURSES				
<b>V.Chapter 13</b>	<b>First Aid – ASHI (an HSI company) First Course</b>			REQUIRED FOR ALL WASH COURSES				
<b>VI.Final Skills</b>	<b>Final Skills Assessments</b>							
A.	Active Victim Rescue			P, SP, WF, WP				
B.	Passive Victim Rescue			P, SP, WF, WP				
C.	Spineboarding In Water with Removal			P, SP, WF, WP				
<b>VII.Exam</b>	<b>Written Exam</b>			P, SP, WF, WP				

Instructor Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Instructor Certification ID: \_\_\_\_\_

Instructor Training Center Affiliation: \_\_\_\_\_

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

**WATERFRONT SUPPLEMENTAL SKILLS**

<b>I. Chapter 16</b>	<b>Waterfront Entries</b>			
1.	Surf Dash Entry			
2.	Rescue Board Entry			
3.	Feet First Dive with Mask & Fins			
4.	Head First Dive with Mask & Fins			
<b>J.</b>	<b>Victim Searches</b>			
1.	Landmark Victim			
2.	Line Search - Shallow Water			
3.	Line Search – Deep Water			
<b>K.</b>	<b>Rescue Board</b>			
1.	Rescue Board Approach to Victim			
2.	Rescue Board Rescue - Active Victim			
3.	Rescue Board Rescue – Passive Victim			
<b>L.</b>	<b>Waterfront Written Exam Supplement</b>			

Instructor Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor Signature: \_\_\_\_\_

Instructor Certification ID: \_\_\_\_\_

Instructor Training Center Affiliation: \_\_\_\_\_

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_

## Final Skills Scoring Rubric

Each Course Participant is Required to Successfully Complete (Pass) each of the Final Skills Assessments as a Required Component to Earn Authorization

Skill	Rubric (must successfully complete each step)	Assessment
Active Victim Rear Rescue in Deep Water	<ul style="list-style-type: none"> <li>• Lifeguard candidate starts on the pool deck</li> <li>• Lifeguard candidate activates EAP</li> <li>• Lifeguard properly executes water entry (cannonball jump or scissors jump)</li> <li>• Lifeguard properly uses a swimming approach to the victim (breaststroke or front crawl) with rescue tube across chest and under armpits</li> <li>• Lifeguard keeps rescue tube between victim and him or herself</li> <li>• Lifeguard accurately places rescue tube in the victim's back (just below the victim's shoulder line)</li> <li>• Lifeguard grasps the victim under his or her armpits and lays the victim on the rescue tube and drapes the victim's arms over the rescue tube</li> <li>• Lifeguard swims the victim to the pool's edge for extraction</li> </ul>	<input type="checkbox"/> Pass <input type="checkbox"/> Fail
Passive Victim Rear Rescue in Deep Water (instructor assigns a secondary rescuer)	<ul style="list-style-type: none"> <li>• Lifeguard candidate starts on the pool deck</li> <li>• Lifeguard candidate activates EAP</li> <li>• Lifeguard properly executes water entry (cannonball jump or scissors jump)</li> <li>• Lifeguard should point out that he or she is certain the victim has not suffered any spinal trauma</li> <li>• Lifeguard properly uses a swimming approach to the victim (breaststroke or front crawl) with rescue tube across the chest and under armpits</li> <li>• Lifeguard keeps rescue tube between victim and him or herself</li> <li>• Lifeguard accurately places rescue tube in the victim's back (just below the victim's shoulder line)</li> <li>• Lifeguard grasps the victim under his or her armpits and rolls the victim to the face-up position on the rescue tube and drapes the victim's arms over the rescue tube</li> <li>• Lifeguard swims the victim to the pool's edge for extraction</li> <li>• Lifeguard works with secondary rescuer to successfully execute the 'quick extract' using the backboard</li> </ul>	<input type="checkbox"/> Pass <input type="checkbox"/> Fail



Spineboarding In-Water with Extraction (instructor must assign other lifeguard candidates to fill the roles of secondary rescuers)	<ul style="list-style-type: none"> <li>• Lifeguard candidate starts on the pool deck</li> <li>• Lifeguard candidate activates EAP</li> <li>• Lifeguard properly executes water entry (slide-in)</li> <li>• Lifeguard properly uses a swimming approach to the victim (walk or breaststroke)</li> <li>• Lifeguard properly executes manual inline stabilization (arm splints or head-chin-chest grip)</li> <li>• Lifeguard properly directs secondary rescuers to place board underneath victim; place rescue tubes perpendicular under the board; secure victim with backboard straps, head pillows and head strap</li> <li>• Lifeguard ensures all straps are tight and secure</li> <li>• Lifeguard directs secondary rescuers to assist in executing a victim water extraction</li> </ul>	<input type="checkbox"/> Pass <input type="checkbox"/> Fail
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If a lifeguard candidate does not pass any of the 3 Final Skills Assessments, the instructor should make a note as to what the candidate failed to successfully complete on the Skills Assessment Form (SAF).

PARTICIPANT NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

INSTRUCTOR NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

INSTRUCTOR SIGNATURE: \_\_\_\_\_

INSTRUCTOR ID: \_\_\_\_\_

INSTRUCTOR TRAINING CENTER AFFILIATION: \_\_\_\_\_



# 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>		65

## 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>		132

## 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</li> </ul>	10

	world.	
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)
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)
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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> <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>	120
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

Total Time (minutes)		230
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### 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
Total Time (minutes)		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 I2 & I3)**

**TOTAL COURSE TIME (WASH LIFEGUARDING & ASHI BLS/FIRST AID): 24 HOURS, 47 MINUTES – 26 HOURS, 17 MINUTES**

**3-Day Teaching Plan**

<b>DAY #1 Topics</b>	<b>Approximate Time:</b>
Pre-Requisites – End of Chapter 9	7 Hours, 22 Minutes
<b>DAY #2 Topics</b> Chapter 10 – Chapter 12	9 Hours, 40 Minutes – 10 Hours, 10 Minutes
<b>DAY #3 Topics</b> Chapter 13 – Written & Skills Evaluations	7 Hours, 45 Minutes – 8 Hours, 45 Minutes
<b>TOTAL TIME:</b>	<b>24 Hours, 47 Minutes – 26 Hours, 17 Minutes</b>

**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



# Lifeguard Course Outline – Blended Format

## 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>		65

## BLENDED FORMAT IN-PERSON SESSIONS

Lesson & Chapter	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
Professional Lifeguard – Chapter 1	<ul style="list-style-type: none"> <li>Identify the characteristics and behaviors of a professional lifeguard.</li> </ul>	20
Best Practices Chapter 1	<ul style="list-style-type: none"> <li>Review best practices for on-duty lifeguards.</li> <li>Identify &amp; understand the three R's</li> </ul>	20
Personal Protective Equipment (PPE) - Chapter 2	<ul style="list-style-type: none"> <li>Demonstrate glove removal and proper disposal.</li> <li>Define bloodborne pathogens</li> <li>Identify best practices to prevent exposure to bloodborne pathogens &amp; cleaning fecal matter in swimming area.</li> </ul>	15
Risk Management - Chapter 3	<ul style="list-style-type: none"> <li>Explain general facility risks.</li> <li>Explain how to identify and mitigate risks to patrons.</li> </ul>	15
Rules Enforcement - Chapter 4	<ul style="list-style-type: none"> <li>Explain the basis of establishing rules.</li> <li>Explain best practices for communicating rules to patrons.</li> <li>Explain hypoxic blackout and the dangers of voluntary hyperventilation.</li> </ul>	15

Drowning Process – Chapter 5	<ul style="list-style-type: none"> <li>• Define drowning</li> <li>• Explain the drowning process</li> </ul>	20
Preventative Lifeguarding – Chapter 1	<ul style="list-style-type: none"> <li>• Define preventative lifeguarding.</li> <li>• Explain the characteristics &amp; best practices of preventative lifeguarding.</li> </ul>	20
Patron Surveillance – Chapter 6	<ul style="list-style-type: none"> <li>• Explain the concept of zone coverage when providing patron surveillance</li> <li>• Explain the concept of back-up coverage and explain how it is applied during an emergency</li> </ul>	20
Scanning – Chapter 7	<ul style="list-style-type: none"> <li>• Understand and be able to execute proper scanning techniques</li> <li>• Understand the characteristics of a proper lifeguard rotation</li> <li>• Demonstrate an effective lifeguard rotation</li> </ul>	25
Victim Recognition – Chapter 8	<ul style="list-style-type: none"> <li>• Understand and be able to recognize the signs of a distressed swimmer</li> <li>• Identify the factors that may lead to accidents and incidents of drowning at guarded facilities</li> </ul>	25
Emergency Action Plan (EAP) – Chapter 9	<ul style="list-style-type: none"> <li>• Explain the purpose of an EAP</li> <li>• Explain the types of and need for reliable communication from lifeguard to lifeguard and between lifeguard(s) and other staff members</li> </ul>	35
Assists – Chapter 10	<p>Demonstration and Practice of:</p> <ul style="list-style-type: none"> <li>• Tossing Assist</li> <li>• Reaching</li> <li>• Walking Assist</li> </ul>	45
Water Entries & Approaches – Chapter 10	<p>Demonstration and Practice of:</p> <ul style="list-style-type: none"> <li>• Feet-First Dive</li> <li>• Head-First Dive</li> <li>• Cannonball Jump</li> <li>• Scissors Jump</li> <li>• Slip In</li> <li>• Walk-In or Run-In</li> <li>• Front Crawl with Head Out of Water &amp; Eyes on</li> </ul>	30

	<p>Victim(s)</p> <ul style="list-style-type: none"> <li>Breaststroke or Walk to a Victim of Suspected Spinal Trauma</li> </ul>	
Water Rescues & Escapes – Chapter 10	<p>Demonstration and Practice of:</p> <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>	120
Extraction from Water – Chapter 10	<p>Demonstration and Practice of:</p> <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
Stabilization of Suspected Spinal Trauma – Chapter 11	<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>	175
<b>Total Time (minutes)</b>		645

**Chapter 12 – ASHI First Aid**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
See ASHI (an HSI company) First Aid Course	SEE ASHI FIRST AID MANUAL	120-150

Outline		minutes
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**Chapter I3 – 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 I4 –**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Continuing Education & In-Services – Chapter I4	<ul style="list-style-type: none"> <li>Explain the need for continuing skills practice &amp; regular in-service training.</li> </ul>	5

**Chapter I5 –**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Special Scenarios – Chapter I5	<ul style="list-style-type: none"> <li>Identify the limitations of, physical skills requiring adaptation, and how to provide effective emergency care at one guard facilities.</li> <li>Identify unique challenges presented by specific features.</li> </ul>	20

**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:**

**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

# Shallow Pool 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>	35
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>		55

## 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>		132

### 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</li> </ul>	10



	world.	
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)
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 – SKILLS ONLY EXECUTED IN WATER DEPTHS OF 6 FEET OR LESS

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> <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> </ul>	90

	<ul style="list-style-type: none"> <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>	25
<b>Total Time (minutes)</b>		190

**Chapter II – Spinal Trauma – SKILLS EXECUTED IN WATER DEPTHS OF 6 FEET OR LESS**

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>	150
<b>Total Time (minutes)</b>		175

**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>	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		75
<b>Total Time (minutes)</b>		75

**TOTAL SHALLOW POOL LIFEGUARD CURRICULUM COURSE TIME: 16 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 SHALLOW POOL LIFEGUARDING & ASHI BLS/FIRST AID): 22 HOURS, 47 MINUTES – 24 HOURS, 17 MINUTES**

### 3-Day Teaching Plan

#### DAY #1 Topics

Pre-Requisites – End of Chapter 9

#### Approximate Time:

7 Hours, 12 Minutes

#### DAY #2 Topics

Chapter 10 – Chapter 12

8 Hours, 35 Minutes – 9 Hours, 5 Minutes

#### DAY #3 Topics

Chapter 13 – Written & Skills Evaluations

7 Hours, 0 Minutes – 8 Hours, 0 Minutes

#### TOTAL TIME:

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

#### IMPORTANT NOTES:

- Total Time includes CPR/AED (ASHI BLS); ASHI First Aid; Shallow Pool 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

# 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"> <li>• Provide Overview of Pre-Requisite Requirements</li> <li>• Verify Participant 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>		65

### 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
Professional Lifeguard	<ul style="list-style-type: none"> <li>• Identify the characteristics and behaviors of a professional lifeguard</li> </ul>	10
Best Practices	<ul style="list-style-type: none"> <li>• Review best practices for on-duty lifeguards</li> </ul>	10
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>	10
<b>Total Time (minutes)</b>		40

#### Chapter 2 – 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>	15
<b>Total Time (minutes)</b>		15

#### 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 about rules</li> </ul>	5
Hypoxic Blackout	<ul style="list-style-type: none"> <li>• Define hypoxic blackout and explain 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)
Definition & Process	<ul style="list-style-type: none"> <li>• Define drowning</li> <li>• Explain the drowning process</li> </ul>	20
<b>Total Time (minutes)</b>		20

#### 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>	15
Back-Up Coverage	<ul style="list-style-type: none"> <li>• Explain the concepts of back-up coverage and explain how it is applied during an emergency</li> </ul>	15
<b>Total Time (minutes)</b>		30



### 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>	10
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>	10
<b>Total Time (minutes)</b>		20

### 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 symptoms of a distressed swimmer</li> </ul>	5
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>	10
<b>Total Time (minutes)</b>		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"> <li>Define an EAP and its purpose</li> <li>Develop sample EAP's for students' facilities</li> </ul>	20
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>		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"> <li>• Tossing Assist</li> <li>• Reaching Assist</li> </ul>	30
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>	20
Water Rescues & Escapes	Demonstration and 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>	90
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>	25
<b>Total Time (minutes)</b>		165

**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>	10
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>	100
<b>Total Time (minutes)</b>		110

**Chapter 12 – 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 13 – 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 14 – 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>	5
<b>Total Time (minutes)</b>		5

**Chapter 15 – 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 requiring adaptation 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 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\*

# Lifeguard Challenge 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 Identity</li> </ul>	5
Performance of Pre-Requisite Skills	<ul style="list-style-type: none"> <li>• Evaluate the skills of each participant</li> </ul>	35
<b>Total Time (minutes)</b>		40

## RESPOND

### 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>	5
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>	10
Water Rescues & Escapes	Demonstration and 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> </ul>	40

	<ul style="list-style-type: none"> <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>	10
<b>Total Time (minutes)</b>		65

### 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>	5
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>	60
<b>Total Time (minutes)</b>		65

### 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 13 – 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

**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		45
<b>Total Time (minutes)</b>		45

**TOTAL LIFEGUARD CHALLENGE CURRICULUM COURSE TIME:**

**4 Hours, 35 Minutes**

**TOTAL ASHI BLS/FIRST AID COURSE TIME:**

**3 HOURS, 0 MINUTES – 4 HOURS, 0 MINUTES**

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

**7 HOURS, 35 MINUTES – 8 HOURS, 35 MINUTES**

**IMPORTANT NOTES:**

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

# Waterfront Lifeguard Course Outline

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>		60

## FINAL WRITTEN EXAM

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Written Exam		30
<b>Total Time (minutes)</b>		30

## FINAL PHYSICAL SKILLS EVALUATION

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Evaluation of Physical Skills		65
<b>Total Time (minutes)</b>		65

## TOTAL WATERFRONT LIFEGUARD CURRICULUM COURSE TIME:

**2 Hours, 35 Minutes**

### IMPORTANT NOTES:

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

\*\*This is a specialty add-on to the core pool lifeguard course. All participants in this course must hold a current World Academy of Safety & Health (WASH) pool lifeguard certification (alternatively, the pool lifeguard course can be conducted in conjunction with and as a pre-requisite to the waterfront course).

\*\*\*ASHI Basic Life Support (BLS)/First Aid can be added for those who require it.

# Waterpark Lifeguard Course Outline

## Chapter I – Introduction to Waterparks

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Diving Boards	<ul style="list-style-type: none"> <li>Identify the types of &amp; characteristics of diving boards.</li> <li></li> </ul>	10
Waterslides	<ul style="list-style-type: none"> <li>Identify the types of &amp; characteristics of waterslides.</li> </ul>	15
Lazy Rivers	<ul style="list-style-type: none"> <li>Identify the characteristics of lazy rivers.</li> </ul>	10
Wave Pools	<ul style="list-style-type: none"> <li>Identify the characteristics of wave pools.</li> </ul>	10
Splash Pads & Other Play Features	<ul style="list-style-type: none"> <li>Identify the characteristics of and special features of splash pads and play structures.</li> </ul>	10
<b>Total Time (minutes)</b>		55

## Chapter 2 – Preventative Lifeguarding & Risk Management in the Waterpark Setting

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Operations Protocols	<ul style="list-style-type: none"> <li>Explain the need for operating procedures.</li> <li>Detail what must be included in the facility's operating procedures.</li> </ul>	15
Rules and Safe Usage Directions	<ul style="list-style-type: none"> <li>Identify overall standard waterpark rules.</li> <li>Identify ride or feature-specific waterpark rules.</li> <li>Explain site-specific waterpark rules.</li> </ul>	10
Personal Flotation Devices	<ul style="list-style-type: none"> <li>Identify what and where flotation devices are permitted, disallowed, and/or required.</li> </ul>	5
EAP's, Risk Inspections, & Audits	<ul style="list-style-type: none"> <li>Explain what an EAP for a waterpark must include.</li> <li>Explain the purpose of facility inspections and audits.</li> <li>Detail what should be inspected and what follow-up is required.</li> <li>Explain the benefits of internal and external audits of the facility.</li> </ul>	15
<b>Total Time (minutes)</b>		45

**Chapter 3 – Patron Surveillance & Scanning in the Waterpark Setting**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Dangers & Special Operational Considerations for Waterpark Lifeguards	<ul style="list-style-type: none"> <li>Explain the variety of dangers and special operational considerations at waterparks.</li> <li>Explain how best to mitigate the risks within waterparks.</li> </ul>	20
Communication within waterparks	<ul style="list-style-type: none"> <li>Identify the various communication techniques and when &amp; how each should be utilized.</li> </ul>	10
Patron Surveillance & Scanning	<ul style="list-style-type: none"> <li>Identify the challenges to effective surveillance and scanning in a waterpark setting.</li> <li>Explain the positioning of lifeguard stations within a waterpark.</li> <li>Explain when and how individual lifeguards should reposition him/herself to maintain effective surveillance.</li> </ul>	15
Lifeguard Rotations within a Waterpark	<ul style="list-style-type: none"> <li>Detail the steps of an effective and safe lifeguard rotation in the waterpark setting.</li> </ul>	5
<b>Total Time (minutes)</b>		50

**Chapter 4 – Water Emergencies in the Waterpark Setting**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Emergency Shutoffs	<ul style="list-style-type: none"> <li>Explain the need for emergency shutoffs, where they are located and when and how to utilize them.</li> </ul>	5
Water Rescues	<ul style="list-style-type: none"> <li>Understand the additional steps that may need to be undertaken to perform a rescue within a waterpark feature.</li> <li>Understand the special considerations for each type of waterpark feature when executing a water rescue.</li> </ul>	15
<b>Total Time (minutes)</b>		20

**FINAL WRITTEN EXAM**

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
Final Written Exam		30
<b>Total Time (minutes)</b>		30

### FINAL PHYSICAL SKILLS EVALUATION

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

### TOTAL WATERPARK LIFEGUARD CURRICULUM COURSE TIME:

**4 Hours, 5 Minutes**

#### IMPORTANT NOTES:

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

\*\*This is a specialty add-on to the core pool lifeguard course. All participants in this course must hold a current World Academy of Safety & Health (WASH) pool lifeguard certification (alternatively, the pool lifeguard course can be conducted in conjunction with and as a pre-requisite to the waterpark course).

\*\*\*ASHI Basic Life Support (BLS)/First Aid can be added for those who require it.

# Surf Rescue Course Outline

Chapter	Topic(s)	Explain the following Content Knowledge	Demonstrate the following Physical Skills
1	Introduction to Surf Lifeguarding	<ul style="list-style-type: none"> <li>• Benefit of lifeguard services</li> <li>• Costs of drowning incidents</li> </ul>	Not Applicable
2	Tidal Water	<ul style="list-style-type: none"> <li>• Types of waves, formation &amp; effects</li> <li>• Types of currents, tides &amp; bottom contours</li> <li>• Types of hazards</li> </ul>	Not Applicable
3	Emergency Action Plan (EAP)	<ul style="list-style-type: none"> <li>• Purpose of an EAP</li> </ul>	Not Applicable
4	Preventative Lifeguarding	<ul style="list-style-type: none"> <li>• Proper &amp; effective scanning &amp; surveillance techniques</li> <li>• How to recognize victim(s)</li> <li>• Features &amp; characteristics that could be hazard(s)</li> <li>• Advantages of</li> </ul>	Not Applicable

5	Surf Rescues	<ul style="list-style-type: none"> <li>• Advantages &amp; disadvantages of rescue tube &amp; rescue can</li> <li>• Advantages &amp; disadvantages of use of rescue board</li> <li>• Modes of water entry</li> <li>• Approaches to victim</li> <li>• Lifeguard's position of protection</li> <li>• Assessment for spinal trauma</li> <li>• Victim tow techniques</li> <li>• Use of swim fins for rescues</li> <li>• Lifeguard defense &amp; escapes</li> <li>• Deciding between extracting &amp; ventilating</li> <li>• Victim extraction from water</li> </ul>	<ul style="list-style-type: none"> <li>• Surf Dash &amp; Porpoising</li> <li>• Front Crawl &amp; Breaststroke</li> <li>• Use of swim fins &amp; mask/snorkel</li> <li>• Approaches to victim</li> <li>• Lifeguard defenses &amp; escapes</li> <li>• Entry &amp; rescue using rescue board</li> <li>• Effective in-water ventilations</li> <li>• Effective victim extraction</li> </ul>
6	Spinal Trauma	<ul style="list-style-type: none"> <li>• Various spinal injury management techniques</li> <li>• Use of c-collar</li> <li>• Need for local medical direction as it relates to spinal trauma</li> </ul>	<ul style="list-style-type: none"> <li>• Proper spinal injury management techniques</li> <li>• Proper spinal injury victim extraction</li> <li>• Proper spinal injury victim immobilization on backboard</li> </ul>
7	Communication & Protocols	<ul style="list-style-type: none"> <li>• Purpose and functions of communication system</li> <li>• Advantages &amp; disadvantages of all types of communication systems</li> <li>• Organizational signals &amp; procedures</li> <li>• Signals to/from onshore &amp; offshore lifeguards</li> </ul>	<ul style="list-style-type: none"> <li>• Various methods of communication – semaphore, whistle signals, hand signals, radio “calls”</li> </ul>
8	Search & Rescue	<ul style="list-style-type: none"> <li>• Deep and shallow water searches in open tidal water</li> </ul>	<ul style="list-style-type: none"> <li>• Shallow and Deep Water Line Searches</li> </ul>



**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

**IMPORTANT NOTES:**

\*This is a specialty add-on to the core pool lifeguard course – all participants in this course must hold a current World Academy of Safety & Health (WASH) pool lifeguard certification (alternatively, the pool lifeguard course can be conducted in conjunction with the surf rescue course).

\*\*ASHI Basic Life Support (BLS)/First Aid can be added for those who require it.

# Lifeguard Instructor S.1 Course Outline

Lesson	Objective(s) and/or Physical Skills		Approximate Time (minutes)
	Content/Knowledge	Skills	
<b>Introduction &amp; Expectations</b>	Describe the skills necessary to deliver effective training, course expectations and requirements to instructor candidates.		10
<b>Demonstration of Skills</b>	Describe and explain how to effectively execute a skill demonstration to instructor candidates.	Perform skill demonstrations for instructor candidates.	180
<b>Conducting Skills Practice Session</b>	Describe how to conduct a skills practice session with feedback and coaching being provided.	Perform skills practice session providing feedback and coaching.	120
<b>Using Slide Presentation &amp; Video Clips to Guide Discussion and Mini-Lectures</b>	Explain how to effectively use the course slide presentation and video clips to deliver content and guide skills practice.		90
<b>Delivering Lessons</b>	Describe how to facilitate learning by delivering an effective lesson.	Demonstrate the effective lesson(s).	240
<b>Conducting Final Skills Assessment</b>	Describe how to effectively conduct a	Perform an effective skills assessment.	120

	final skills assessment of instructor candidates.		
<b>Continuing Instructor Development</b>	Explain the purpose of the initial training provided in the WASH Instructor S.1 course and the purpose of continuing education.		15
<b>Course Administration</b>	Explain how to complete required course documentation.	Demonstrate completion of all required course documentation.	45
<b>ATC &amp; Instructor Online Portal</b>	Explain and demonstrate how to navigate the WASH ATC & Instructor Online Portal and what resources are available to instructors.		45
<b>Final Written Exam</b>	Demonstrate content knowledge.		45
<b>Performance of Skills</b>	Demonstrated throughout the course & prerequisites.		X

**Total Time: 15 HOURS, 10 MINUTES**

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