

Shallow Pool Lifeguard 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 Age & Identity 	15
Performance of Pre-Requisite Skills	<ul style="list-style-type: none"> Evaluate the skills of each participant 	45
Conclusion	<ul style="list-style-type: none"> Provide course details – date(s), time(s), location(s) 	5
Total Time (minutes)		65

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. 	15
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. 	15
Professional Lifeguard	<ul style="list-style-type: none"> Identify the characteristics and behaviors of a professional lifeguard. 	25
Best Practices & Three “R’s”	<ul style="list-style-type: none"> Review best practices for on-duty lifeguards. Identify and understand the three “R’s” 	25
Preventative Lifeguarding	<ul style="list-style-type: none"> Define preventative lifeguarding. Explain the characteristics & best practices of preventative lifeguarding. 	20
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. 	25
Total Time (minutes)		135

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. 	20
Standard Precautions	<ul style="list-style-type: none"> Identify the standard precautions to be used when providing emergency care. Demonstration and Practice of: <ul style="list-style-type: none"> Removal and proper disposal of gloves 	20

Reducing Exposure	<ul style="list-style-type: none"> Identify the methods & best practices to prevent exposure to bloodborne pathogens. 	10
Fecal Cleanups	<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)		60

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. 	35
Total Time (minutes)		35

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

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. 	25
Total Time (minutes)		35

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. 	30
Back-Up Coverage	<ul style="list-style-type: none"> Explain the concept of back-up coverage and explain how it is applied during an emergency. 	30
Total Time (minutes)		60

Chapter 7 – Scanning

Lesson	Objective(s) and/or Physical Skills	Time (minutes)
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Techniques	<ul style="list-style-type: none"> Understand and be able to execute proper scanning techniques. 	20
Rotations	<ul style="list-style-type: none"> Understand the characteristics of a proper lifeguard rotation. Demonstrate an effective lifeguard rotation. 	20
Total Time (minutes)		40

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 a distressed swimmer. 	20
RID Factor	<ul style="list-style-type: none"> Identify the factors that may lead to accidents and incidents of drowning at guarded facilities. 	20
Total Time (minutes)		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"> Define an EAP and its purpose Develop sample EAPs for students' facilities 	40
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. 	15
Total Time (minutes)		55

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"> Tossing Assist Reaching Assist 	45
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 	45
Water Rescues & Escapes	Demonstration and Practice of: <ul style="list-style-type: none"> Front Escape Rear Escape 	150

	<ul style="list-style-type: none"> • 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)		275

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"> • Identify the signs & symptoms of possible spinal trauma 	35
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 	155
Total Time (minutes)		190

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 14 – 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 15 – 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 that require adapting 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. 	30
Total Time (minutes)		55

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		75
Total Time (minutes)		75

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

17 Hours, 25 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):

23 HOURS, 55 MINUTES – 25 HOURS, 25 MINUTES

3-Day Teaching Plan

DAY #1 Topics

Pre-Requisites – End of Chapter 9

Approximate Time:

9 Hours, 30 Minutes

DAY #2 Topics

Chapter 10 – Chapter 12

10 Hours, 15 Minutes – 10 Hours, 45 Minutes

DAY #3 Topics

Chapter 13 – Written & Skills Evaluations

7 Hours, 15 Minutes – 8 Hours, 15 Minutes

TOTAL TIME:

27 Hours, 0 Minutes – 28 Hours, 30 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
- This course is designed to certify lifeguards up to six (6) feet of pool depth. Hence, the skills are all performed and demonstrated in water with a maximum depth of six (6) feet.

