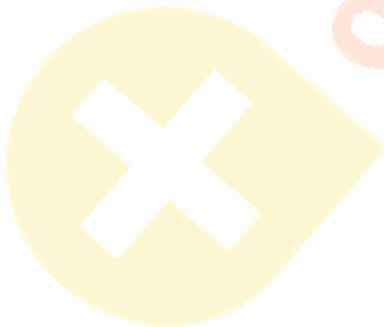


# Swim Safety for Coaches Course Outline

Lesson	Objective(s) and/or Physical Skills	
	Content/Knowledge	Skills
Chapter #1 Introduction & Expectations	<ul style="list-style-type: none"> <li>Professionalism</li> <li>Safe Environments</li> <li>Legal Information</li> <li>Purpose of Lifeguard</li> </ul>	
Chapter #2 Personal Protective Equipment	<ul style="list-style-type: none"> <li>Gloves</li> <li>Bloodborne Pathogens</li> <li>Disposal of Contaminated Materials</li> <li>Cleanups</li> </ul>	Perform skill demonstrations <ul style="list-style-type: none"> <li>Removal of Gloves</li> </ul>
Chapter #3 Risk Management & Safety	<ul style="list-style-type: none"> <li>Prevention</li> <li>Inclement Weather</li> <li>Pool Chemicals &amp; Pump Rooms</li> <li>Facility Safety</li> <li>Pool Rules</li> <li>Voluntary Hyperventilation</li> <li>EAP's</li> <li>Communication</li> </ul>	
Chapter #4 Drowning Process	<ul style="list-style-type: none"> <li>Drowning Statistics</li> <li>What is Drowning</li> <li>Causes of Drowning</li> </ul>	
Chapter #5 Swimmer & Swim Meet Safety	<ul style="list-style-type: none"> <li>Overall Swimmer Safety</li> <li>Meet &amp; Practice Safety Best Practices</li> </ul>	
Chapter #6 Surveillance, Scanning, Zones of Coverage & Recognition	<ul style="list-style-type: none"> <li>Proper Surveillance</li> <li>Scanning Techniques</li> <li>Types of &amp; Zones of Coverage</li> <li>Recognizing Signs &amp; Symptoms of distress in the Water</li> </ul>	Perform skills demonstrations (see Swim Safety for Coaches Skills Assessment Form)
Chapter #7 In-Water Emergencies	<ul style="list-style-type: none"> <li>1</li> <li>Reaching Assists</li> <li>Tossing Assists</li> </ul>	Perform skills demonstrations (see Swim Safety for Coaches Skills Assessment Form)
Chapter #8 Spinal Trauma	<ul style="list-style-type: none"> <li>Recognition – Signs &amp; Symptoms</li> <li>Manual In-Line Stabilization Techniques</li> <li>Various Backboarding Scenarios</li> </ul>	Perform skills demonstrations (see Swim Safety for Coaches Skills Assessment Form)

<b>Chapter #9 CPR/AED/First Aid</b>	<ul style="list-style-type: none"> <li>• All Ages CPR</li> <li>• Use of AED</li> <li>• Various First Aid &amp; Emergency Treatment Techniques</li> </ul>	Perform skills demonstrations (see CPR/AED/First Skills Assessment Form)
<b>Chapter #10 Special Scenarios</b>	<ul style="list-style-type: none"> <li>• One Guard Facilities</li> <li>• Victim Searches</li> </ul>	
<b>Final Written Exam</b>	Demonstrate content knowledge.	
<b>Performance of Skills</b>	Demonstrated throughout the course & prerequisites.	



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