

**Poway Unified School District Aquatics
Lifeguard Training Class**

Lifeguard Training Forms v. 2017

Welcome to the Lifeguard Training certification program! Lifeguard Training is a blended learning course, with online and classroom components. American Red Cross (ARC) requires all Lifeguard participants to complete the ARC Lifeguard Online Course prior to the first-class date. Please print and read the information below carefully. Should you have any questions, please feel free to contact me at 858-521-2800 ext 2873 or toelgoetz@powayusd.com. Thank you!

Pre-Course Work – Complete Before First Class Date

ARC Lifeguard Training course has required pre-course work and must be completed prior to the first-class date. Please follow directions carefully:

1. PRINT AND REVIEW | Training Forms Print and review the Lifeguard Training Forms prior to taking the ARC online course. While taking the ARC online course, you will come across many answers to the lifeguard study guide questions located on page 2 of this document. Please bring a printed copy of the Lifeguard Training Forms with you to class.

2. COMPLETE ARC ONLINE COURSE | Complete Online Course Before First Class Date ARC requires participants to complete the 8-hour lifeguard online course, prior to the first-class date. *Lifeguard Review students do not need to complete the ARC lifeguard online course.

3. WATCH REQUIRED VIDEO SEGMENTS | Watch Video Segment Before First Class Date ARC requires participants to watch specific video segments, prior to the first-class date.

4. DOWNLOAD LIFEGUARD MANUAL | Please bring the Lifeguard Manual to class on a laptop or iPad.

What To Bring To Class

1. Proof of age
2. Proof of ARC Lifeguard Online Course completion – screen shot or print a copy
3. Lifeguard Manual – download on laptop or iPad
4. Training Forms – print a copy
5. Lifeguard Review Students Only – Proof of current ARC certifications: Lifeguard, First Aid, CPR/AED for Professional
6. CPR Mask – if not purchased
7. Bathing Suit – one piece suits for females 8. Rash guard, wetsuit, goggles, towel, sun block, paper, writing utensil, snacks and lunch

Lifeguard Training – Study Guide

Before Providing Care

1. What steps should you take when you arrive on scene?
2. What is an initial impression and when is it made?
3. Define | primary assessment and secondary assessment
4. Know the cardiac chain of survival for adult and pediatrics

First Aid

1. Acronyms | FAST, RICE, SAMPLE, MSDS
2. Define | signs and symptom
3. Signs, Symptoms, Treatments for the following | Breathing emergencies, asthma, heart attack, cardiac arrest, shock, seizure, diabetic, stroke, heat/cold emergencies, allergic reaction, anaphylactic shock, animal & human bites, insect stings, poison emergencies, internal bleeding, recovery position, incident stress syndrome
4. Steps to control bleeding
5. Stages and treatments for burns | thermal, chemical, electrical
6. What do you not give someone in the late stage of illness?
7. When conducting a secondary assessment how do you check an adult? How do you check a child?

Rescue Breathing – CPR/AED – BVM

1. Difference between adult, child, infant – age, weight, avg. heart rate, volume and length of rescue breaths
2. Define | rescue breathing, CPR, obstruction of airway, agonal breaths, recoil, BVM, AED
3. Rescuer breathing is performed when the victim has a _____ and is not _____.
4. CPR is performed when a victim has no _____ and is not _____.
5. The main objective of CPR is to circulate _____ and _____ to the brain and vital organs.
6. Rescue breathing ratio for adult, child and infant
7. CPR ratio for adult, child and infant – one rescuer and two or more rescuers
8. Compression depths for adult, child and infant
9. Hand placement for CPR compressions on an adult, child and infant
10. CPR compressions should be given at a rate of _____ to _____ compressions per minute?
11. What are the 4 reasons you can legally stop providing care once started?
12. Define | AED | Can an AED interrupt CPR?
13. Define |ventricular fibrillation and ventricular tachycardia
14. Define | AED precautions
15. Considerations for using adult AED pads on a child or infant
16. If a victim has body piercings, what precautions are taken when applying AED pads?
17. Where are AED pads place on a patient? Upper _____ chest and lower _____ side
18. What 2 heart rhythms will an AED advise shock and what 2 heart rhythms will an AED advise no shock?
19. When using a BVM, how many rescuers does ARC require when performing rescue breathing?
20. When using a BVM, how many rescuers does ARC require when performing CPR?

Lifeguarding

1. Acronyms | FIND, RID, EAP, AFR
2. Define | primary lifeguard responsibilities, legal considerations, consent, implied consent, media interaction, patron surveillance, scanning, zone coverage, total coverage, emergency back-up coverage, blind spots, safety checks, weather conditions, debriefing, understand report writing
3. Define | entries, approach strokes, active/passive rescues, shallow/deep water extensions, escapes, spinal rescue
4. Define the difference between distress drowning, active drowning, passive drowning
5. You should recognize and reach a victim, in your zone, within _____ seconds
6. During an in-water seizure, what needs to stay above the surface?
7. Treatment for head, neck or spinal injury on land? Name of rescue for a head, neck or spinal in-water?
8. Backboarding and non-breathing extrication procedures/steps – high edge and low edge
9. Non-breathing extrication procedures/step

CPR/AED Professional Rescuer

Step Before You Administer Care – Check, Call, Care (CCC), PPE

CHECK

1. CHECK SCENE Ensure your safety before entering scene; obtain consent
2. CHECK RESPONSIVENESS Shout while walking up to patient “are you okay?”
3. CHECK UNRESPONSIVENESS Tap a shout “are you okay?”
4. CHECK SEVERE BLEEDING

CALL EMS OR 911

UNIVERSAL PRECAUTIONS

CARE FOR PATIENT

A-B-C – Assessment

ADULT, CHILD, INFANT ASSESSMENT

Check Airway, Breathing, Circulation - simultaneously for 10 seconds

ADULT, CHILD, INFANT ASSESSMENT | for a drowning patient

Check Airway, Breathing, Circulation, 2 Breaths for obstruction

Treatments – Rescue Breathing, CPR and Obstruction of Airway

Do for the patient, what their body is not doing for themselves. If the patient has a pulse and is not breathing, then breathe for them. If the patient has no pulse and is not breathing, then pump their heart and breath for them.

RESCUE BREATHING | has a pulse and no breathing

- Adult 1 breath every 5 to 6 seconds | 24 breaths in 2 minutes
 - Child, Infant 1 breath every 3 seconds | 40 breaths in 2 minutes
- *Administer Rescue Breathing for 2 minutes and reassess for no more than 10 seconds

CARDIOPULMONARY RESUSCITATION (CPR) – has no pulse and no breathing

- Adult 30 compressions, 2 breaths | compressions at least 2” in depth, no more than 2.4”
- Child 30 compressions, 2 breaths | compressions about 2” in depth
- Infant 30 compressions, 2 breaths | compressions about 1.5” in depth

TWO OR MORE RESCUERS CPR

- Adult 30 compressions, 2 breaths
- Child, Infant 15 compressions, 2 breaths

OBSTRUCTION OF AIRWAY | chest does not clearly rise or fall

- Adult, Child, Infant – 2 breaths, retilt tongue, 1 breaths, 30 chest compressions, visual sweep
- Child, infant 2 or more rescuers – 2 breaths, retilt tongue, 1 breath, 15 chest compressions, visual sweep
- Repeat until administered breaths GO IN and the CHEST clearly RISES and FALLS

Reasons You May Legally Stop Care Once Started

1. Equal or Higher Medical Authority arrives and take over care
2. You are alone and too tired to continue care
3. Scene becomes unsafe
4. Notice obvious signs of life
5. AED becomes available – AED may interrupt CPR in progress

FACT SHEET – Adult, Child, Infant

Adult

AGE	Older than Puberty 12 to 14 years old
AVERAGE HEART RATE	60 to 100 / per minute
RESCUE BREATHING	1 Breath every 5 to 6 seconds
CPR	30 Compressions, 2 Breaths 100 - 120 compressions in 1 minute
COMPRESSION DEPTH	At least 2 inches, no more than 2.4 inches

*30 compressions in 18 seconds will equal a rate of 100 compressions per minute

Child

AGE	1 year old to Puberty 12 to 14 years old
AVERAGE HEART RATE	100 to 120 / per minute
RESCUE BREATHING	1 Breath every 3 seconds
CPR	30 Compressions, 2 Breaths 100 - 120 compressions in 1 minute
2 OR MORE RESCUERS	15 Compressions, 2 Breaths
COMPRESSION DEPTH	About 2 inches

*30 compressions in 18 seconds will equal a rate of 100 compressions per minute

Infant

AGE	0 to 1 year old
AVERAGE HEART RATE	120 to 160 / per minute
RESCUE BREATHING	1 Breath every 3 seconds
CPR	30 Compressions, 2 Breaths 100 - 120 compressions in 1 minute
2 OR MORE RESCUERS	15 Compressions, 2 Breaths
COMPRESSION DEPTH	About 1.5 inches

*30 compressions in 18 seconds will equal a rate of 100 compressions per minute