AMERICAN RED CROSS LIFEGUARD TRAINING 2014-2015

**INSTRUCTOR:** Mr. Hammond

**OFFICE:** 309 Pool

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**COURSE DESCRIPTION:**

The purpose of the American Red Cross Lifeguard Training course is to teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning’s and injuries. This is a “classroom” based course; daily book work, lecture, and video demonstration make up 80% of instruction.

**COURSE PREREQUISITES:**

To be eligible for the Lifeguard Training course, the candidate must:

* Be 15 years of age on or before the final scheduled session of this course.
* This course is designed for the **ADVANCED** swimmer, and be expected to demonstrate there ability before taking the course. Candidates must successfully complete the following swimming prerequisites before taking Lifeguard Training.
* Swim 500 yards continuously demonstrating breath control and rhythmic breathing. You may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. This swim must be done within 12 minutes.
* Starting in the water, swim 20 yards using the front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using the a ladder or steps **within 1 minute, 40 seconds.**
* Tread Water for 2 minutes using only the legs. You should place your hands under your armpits.

**CERTIFICATION REQUIREMENTS:**

Upon successful completion of the Lifeguard Training course, each participant will receive two American Red Cross Universal Certificates: one indicating Lifeguard Training and First Aid that is valid for 3 years and another indicating CPR for the Professional Rescuer that is valid for 2 year.

\*\*To receive the two course completion certificates for the American Red Cross Lifeguarding course, the Participant must-

* Attend All Class Sessions
* Demonstrate competency in all required skills and activities
* Demonstrate competency in the three final skill scenarios.
* Correctly answer at least 80 percent of the questions in the three sections of the final written exam:
  + Section 1 – CPR/AED for the Professional Rescuer and First Aid (minimum of 32 correct answers out of 40 Questions)
  + Section 2 – Lifeguarding Skills (minimum of 28 correct answers out of 35 Questions)

**COURSE OBJECTIVES/REQUIRED ACTIVITES:**

**To receive the certificates for the American Red Cross Lifeguard Training course, the participant must-**

* Demonstrate competency in all required skills.
* Demonstrate competency in the three final skill scenarios
* If the participant has demonstrated competency in all required skills and participated in all skill sessions but does not pass all sections of the written examination, he or she may still be able to receive certification in CPR for the Professional rescuer or First Aid.

**NO DRESS POLICY:** Students are required to be dressed out and ready to participate everyday. If a student is not properly dressed in any manner, he or she will not be able to participate in skills practice or testing

**ATTENDANCE POLICY:** It is important for students to attend class every day. Physical Education is a PARTICIPATION class. Make-ups are difficult and are done only at the discretion of the instructor. It is your responsibility to be in class on time and ready to participate. Three truancies and seven non-school related absences (excused or non-excused) would result in the student being placed in failing status. Students who are late to class/tardy will lose 5 points.

**Grading Criteria:**

All students can earn up to 5 points per day. If the student does not meet expectations in any of the following categories, 1 point is deducted for that category.

|  |  |  |
| --- | --- | --- |
|  | **Meets/Exceeds Expectations** | **Expectations Not Met** |
| **Attendance** | Present  **(1 Point)** | Absent  **(Student is entered as exempt for excused absences)** |
| **PE Ready**  (Prepared for class) | Dressed out  On time  Ready to stretch in assigned squads  **(1 Point)** | Not dressed out  Tardy  **(0 Points)** |
| **Warm-up/Cardio**  (Performing all warm-up, strength, and cardio activities, demonstrating skill knowledge) | Fully engaged  **(1 Points)** | Did not participate/  Partial Participation  **(0 Points)** |
| **Activity**  (Participating fully and appropriately, demonstrating skill knowledge) | Fully engaged  **(1 Point)** | Did not participation/  Partial Participation  **(0 Points)** |
| **MS Student Code of Conduct**  (Doing the right thing) | Follows the  Millard South code of conduct  **(1 Point)** | Does not follow the  Millard South code of conduct  **(0 Points)** |

**Grading Scale:**

Final grade will be based on percentage of total points earned throughout the semester.

100 – 93 = 1

92 – 85 = 2

84 – 77 = 3

76 – 69 = 4

68 – and below = 5

**Lifeguard Units**

* Advanced Swimming
* Professional Lifeguarding
* CPR/AED
* First Aid

**Assessments**

* Chapter Quizzes- (11 Total)
* American Red Cross Water and Safety test
* American Red Cross First Aid Skills test
* American Red Cross CPR/AED Skills test
* American Red Cross Final Exams (2 Total)

**Lifeguard Training Book-**the following chapters will be covered in class. Students will be expected read, complete handouts, and take quiz pertaining to the chapters.

**Chapter 1 The Professional Lifeguard**

**Chapter 2 Facility Safety**

**Chapter 3 Surveillance Recognition**

**Chapter 4 Injury Prevention**

**Chapter 5 Emergency Action Plans**

**Chapter 6 Water Rescue Skills**

**Chapter 7 Before Providing Care and Victim Assessment**

**Chapter 8 Breathing Emergencies**

**Chapter 9 Cardiac Emergencies**

**Chapter 10 First Aid**

**Chapter 11 Caring for Head, Neck and Spinal Injuries**