

Deerfield Academy
In partnership with the Deerfield Police Association:
American Red Cross Lifeguard Training Spring 2024
(Course Syllabus)

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 drownings and injuries.

PREREQUISITES:

1. 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.
2. The candidate must successfully complete the following swimming prerequisites:
Swim 550 hundred yards continuously, using these strokes in the following order:
 - a. 250 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick (Rhythmic breathing can be preformed either by breathing to the side or to the front).
 - b. 100 yards of breaststroke.
 - c. 200 yards of either front crawl using rhythmic breathing or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke.
 - d. Note:
 - i. There is no time requirement for this skill. However, it is expected to be completed in less than 11 minutes.
 - ii. Prospective participants must show only that they can swim 550 yards using the above strokes without stopping.
 - e. Goggles may be worn.
3. Timed Swim (1 minute 40 Seconds): The Candidate must swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to starting point with the object. (Note: when returning to the starting point, the candidate must hold the 10-pound object with both hands and must keep his or her face above the water.)
4. Waterfront Front Lifeguarding Only:
 - a. Swim 5 yards, submerge and retrieve 3 dive rings placed 5 yards apart in 4-7 feet of water
 - b. Resurface and continue another 5 yards
 - c. **No Goggles allowed for this skill**

COURSE LENGTH: Five classes meeting Sunday's from 10:00am to 4:00pm.

(As this class was inherited from a pre-existing outline, additional classes may be required to complete the course)

COURSE COST: \$165.00 CASH OR CHECK PAYABLE TO "Craig Woods"

INSTRUCTORS:

Craig Woods	craigster6@hotmail.com	413-348-4619
Jason Cook	JCook@deerfield.edu	413-687-7739
John Paciorek Jr.		(Lifeguarding)
Michael Sabadosa		(CPR/AED)

TEACHING METHODS:

- Facilitated Discussions
- Small-group Exercises
- Large-group Exercises
- Lectures
- Video Demonstrations
- Instructor-led Practice
- Reciprocal Practice
- In-water Skill Sessions

CERTIFICATION REQUIREMENTS:

- Demonstrate competency in ALL required WATER RESCUE skills.
- Correctly answer at least 80 percent of the questions on the written Lifeguard and CPR exams.

Every effort will be made to meet individual learning needs. It is of the utmost importance that you inform your instructor at the beginning of the course of your particular needs. If you have a learning disability of any kind, concerns about this course or other needs, please see the instructor. All information will be kept confidential.

COURSE POLICIES:

- **Attendance:** Course participants must attend all classes for the full time allotted for each class (exceptions are granted by instructors). There is normally one to two make up classes, however no advance guarantees.
- **Professionalism:** Because this training is for adults performing lifesaving skills in professional settings, the highest standards of professionalism are always expected of all participants.
- **Classroom safety:** The priority of the course instructors is the safety of all present, to achieve this, the facility rules and Lifeguard training rules will be followed at all times.

REQUIRED TEXT: “Lifeguard Training” by American Red Cross

COURSE OUTCOMES: After completing this course, participants should know:

- The characteristics and responsibilities of a professional lifeguard.
- Decision-making skills and how they apply to Lifeguarding.
- Legal considerations that affect a professional lifeguard.
- How to work as part of a lifeguard team.
- The importance of maintaining Lifeguarding skills and knowledge.
- How to prevent injuries and ensure patron and lifeguard safety.
- How and what to communicate to patrons to ensure their safety and cooperation.
- What safety rules and regulations are and how to enforce them.
- How and when to conduct facility safety checks.
- How to be prepared for and deal with unsafe weather conditions.
- Identify and define the four elements of effective surveillance.
- Identify the characteristics of a distressed swimmer and an active or passive drowning victim.
- Identify and explain the RID factor.
- Explain and demonstrate proper scanning techniques.
- Identify various types of lifeguard stations and explain the different ways rotations are performed.

- Understand the components of an emergency action plan (EAP) and how to activate it.
- Determine which steps to take after the emergency.
- Know how to deal with critical incident stress.
- The procedures for rescuing a victim in a water emergency.
- Demonstrate how to assist a distressed swimmer.
- Demonstrate how to rescue an active drowning victim, a passive drowning victim, and multiple victims safely and effectively.
- Demonstrate how to do a feet-first surface dive and safely and effectively rescue a submerged victim.
- Demonstrate how to perform a front and rear head-hold escape resulting from a faulty rescue or the rescue tube slipping out.
- Demonstrate how to remove a victim safely and effectively from the water.
- The responsibilities of a professional rescuer.
- The general procedures for injury and sudden illness on land.
- How to use a resuscitation mask.
- How to do a primary survey.
- How to give rescue breathing to an adult, child, and infant.
- How to care for an obstructed airway in a conscious and unconscious adult, child, and infant.
- How to recognize and care for a victim of sudden illness or a hot-or cold-related emergency.
- How to recognize and care for different types of wounds, including bleeding and burns.
- How to recognize and care for injuries to the muscles, bones, and joints, including injuries to the head, neck, and back for a victim on land.
- How to control external bleeding.
- How to immobilize muscle, bone, and joint injuries, including injuries to the head, neck, and back for a victim on land.
- Aquatic situations in which head, neck, or back injuries are possible.
- The signs and symptoms of a possible head, neck, or back injury.
- The procedures for caring for a possible head, neck, or back injury.
- Demonstrate the two ways to stabilize a victim's head and neck in the water.
- Demonstrate how to immobilize a victim on a backboard.
- Demonstrate how to stabilize a victim's head and neck in deep water.
- Demonstrate how to immobilize a victim on a backboard in deep water.

<http://www.redcross.org/take-a-class/participant-materials> (2017 Lifeguarding Manual)

COURSE SUPPLIES:

- **Bathing suit, (females - one piece only) required**
- **Towels, two recommended**
- **Swimming goggles, recommended**
- **Water bottle for personal hydration and snacks**

There will be a short break for lunch!

CLASS #1: Sunday, February 11, 2024

- Course introduction & Assessment of swimming skills
- Roles and responsibilities of a Professional Lifeguard, decision-making, legal considerations, the Lifeguard Team, Professionalism, preventing injuries, Safety checks, Entries and Approaches
- Emergency Action Plans (EAP's), responding to emergencies, victim recognition: distressed swimmer, active drowning victim, passive drowning victim, rotation, surveillance, zone coverage

Homework: Read all Chapters except CPR/AED & First Aid

CLASS #2: Sunday, February 25, 2024

- Extension Assist from the Deck
- Swimming Extension Rescue
- Active Drowning Victim Rear Rescue
- Multiple- Victim Rescue
- Passive Drowning Victim Rear Rescue
- Feet-First Surface Dive
- Submerged Victim Rescue
- Escapes
- Removal from Water
- Active Drowning Victim Rescue
- Passive Drowning Victim Rescue
- Intro Spinal Management

Homework: Read: Chapters on CPR/AED & First Aid

CLASS #3: Sunday, March 24, 2024

- CPR/AED
- First Aid
- Written test for CPR/AED at the end of the day

Homework: Read Chapters on Backboarding and Spinal Management

CLASS #4: Sunday, March 31, 2024

- Intro to Spinal Management
- In-line Stabilization Skills
- Backboarding a victim w/a head, neck or spinal injury
- Continuing review of water rescue skills

Homework: Review for Lifeguard Exam (Waterfront, if needed)

CLASS #5: Sunday, April 7, 2024

- Optional if Requested: "Waterfront LG"
- Review/sharpen all water rescue skills
- Final Water Practical & Written Tests