

Northwestern School Corporation
Physical Education Curriculum
Course Outline
LIFEGUARDING

Length of the course: semester

Level of accomplishment: average

Grade level: 10 – 11 – 12

Prerequisite: PE I and must be 15 years old by completion of the course. Perspective participants must also be able to complete the following swimming prerequisites:

1. Swim 500 yards continuously, using each of the these strokes in the following order:

200 yards Front Crawl / freestyle

100 yards Breaststroke

200 yards of either Front Crawl or Breaststroke or a mixture of both.

Note: There is no time limit for this skill, but the 500 yards must be done continuously.

2. Swim 20 yards using the 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 the starting point with the object.

Note: When returning to the starting point the candidate must hold the object with both hands and must keep their face out of the water.

These prerequisites determine whether prospective participants have the basic swimming abilities to complete the lifeguarding skills in the Lifeguard Training course.

Upon completion of this course with a passing grade of 80% or better on the American Red Cross written tests, as well as, practical tests in CPR-PR, AED, First Aid, and Lifeguarding, the student will hold American Red Cross certifications in all of the above. Holding these certifications will allow the student job opportunities as a lifeguard at a public or private pool. If the student does not pass the Red Cross standards, credit but not certification is also possible.

COURSE OUTLINE

- I. The Professional Lifeguard
 - A. Introduction To Life Guarding
 - B. Characteristics Of Professional Lifeguard
 - C. Benefit Of Regular Exercise
 - D. Appearance- Behavior
 - E. Responsibilities Of Professional Lifeguard
 1. Primary
 2. Secondary
 3. Legal Considerations
 - F. Decision-Making ~ FIND Method

G. Lifeguard Team

II. Injury Prevention & Facility Safety

A. Patron Safety

1. Life-Threatening Injuries
2. Non Life-Threatening Injuries

B. Injury Prevention Strategies

1. Communication with Patrons
2. Safety Checks
 - a. Safety Checks
 1. Opening
 2. On- Duty
 3. Closing
 - b. Special Areas To Inspect For Safety
 1. Deck
 2. Pool
 3. Recreational Equipment
 4. Chemical Storage Area
 5. Showers, Locker Rooms, Restrooms
 - c. Weather Conditions
 1. Cloud Formations
 2. Lightning
 3. Heavy Rain & Hail
 4. Tornadoes
 5. High Winds
 6. Fog
 - d. Warning Signs
3. Patron Surveillance (Chapter 3)

III. Patron Surveillance

A. Victim Recognition

1. Distressed Swimmer
2. Active Drowning Victim
3. Passive Drowning

B. Risk Factor

1. Recognition
2. Intrusion
3. Distraction

C. Proper Scanning

D. Lifeguard Stations

1. Elevated
2. Ground-Level
3. Lifeguard Rotations

E. Area Of Responsibility

1. Total Coverage
2. Zone Coverage

F. Special Activity Surveillance

IV. Emergency Preparation

- A. Responsibilities Of A Lifeguard In An Emergency
- B. Emergency Action Plan
 - 1. What Is It?
 - 2. Features Of An Emergency Action Plan
 - 3. Lifeguards Initial Actions
 - 4. Single Guard Facilities
- C. Contacting EMS (Emergency Medical Services)
 - 1. When To Call
 - 2. Steps To Call EMS
 - 3. Controlling Bystanders
- D. Communication
 - 1. Whistles
 - 2. Hand Signals
 - 3. Equipment Signals
- E. After an Emergency
 - 1. Responsibilities Related to the Facility
 - a. Closing the Pool
 - b. Filing a Report
 - c. Dealing with Questions
 - d. Checking Equipment
 - e. Staff Debriefing
 - 2. Responsibility to Yourself
 - a. Understanding Physical & Emotional Effects of the Emergency
 - b. Critical Incident Stress
 - 1. What is it?
 - 2. Symptoms
 - 3. What should you do?

V. Breathing Emergencies

- A. Disease Transmissions
- B. General Procedures for Injury or Sudden Illness
 - 1. Activate E.A.P
 - 2. Survey the scene and approach the victim
 - 3. Primary Survey
 - a. Consciousness
 - b. Airway
 - c. Breathing
 - d. Circulation
 - 4. Call 9-1-1 or local emergency number.
 - 5. Do a Secondary survey.
- C. Recognizing Breathing Emergencies
 - 1. Respiratory Distress
 - a. Causes
 - b. Signs & Symptoms
 - c. Care

- 2. Respiratory Arrest
 - a. Causes
 - b. Signs & Symptoms
 - c. Care
 - 1. Rescue Breathing (Infant, Child, Adult)
 - a. Skills Practice
- D. Airway Obstruction- First Aid
 - 1. Conscious
 - a. Adult
 - b. Child
 - 2. Unconscious
 - a. Adult
 - b. Child
- E. Airway Obstruction Infant
 - 1. Conscious
 - 2. Unconscious
- F. Resuscitation Mask
 - 1. Advantages
 - 2. Criteria For Effectiveness
- G. Bag- Valve- Mask Resuscitator (BVM)
 - 1. Advantages
 - 2. Disadvantages
- H. Skills Tests

VI. Cardiac Emergencies

- A. Recognizing Heart Attack
 - 1. Signs & Symptoms
 - 2. Controllable Risk Factors
 - 3. Uncontrollable Risk Factors
- B. Cardiac Arrest
 - 1. What is it?
 - 2. Causes
 - 3. Care
 - a. CPR
 - 1. Adult
 - 2. Child
 - 3. Infant
 - b. Two-Person CPR
 - 1. Adult
 - 2. Child
 - 3. Infant
- C. Special Resuscitation Situations
- D. Skills Tests
- E. Written Test

VII. AED

- A. What is it?
 - 1. V-Fib

2. V-Tach
3. Defibrillation
- B. Cardiac Chain of Survival
 1. Early Recognition
 2. Early CPR
 3. Early Defibrillation
 4. Early Advanced Life Support
- C. Using an AED
- D. Precautions
- E. Use in Special Situations
- F. Skills Test
- G. Written Test

VIII. Rescue Skills

- A. General Rescue Procedures for Water Emergency
 1. Activate EAP
 2. Survey the scene
 3. Victim Recognition
 - a. Distressed
 - b. Active
 - c. Passive
 4. Perform the appropriate rescue
 5. Move to safety
 6. Remove from the water
 7. Give Emergency care as needed
- B. Use of a Rescue Tube
- C. Rescue Skills
 1. Water Entries
 - a. Stride Jump
 - b. Compact Jump
 2. Approaches
 - a. Modified Crawl
 - b. Breaststroke
 3. Rescue Techniques
 - a. Extension Assist from the deck
 - b. Swimming Extension
 - c. Active Victim Rear Rescue
 - d. Multiple Victim
 - e. Passive Victim Rear Rescue
 - f. Submerged Victim
 1. Feet-first surface dive
 2. Rescue
 4. Escapes
 - a. Front head hold
 - b. Rear head hold
 5. Removal From the water

IX. First Aid

- A. Sudden Illness
 - 1. Signs & Symptoms
 - 2. General Care
 - 3. Special Situations
- B. Bites & Stings
- C. Poisoning
 - 1. Plants
 - 2. Inhaled
 - 3. Poison Control Number
- D. Wounds
 - 1. Internal Bleeding
 - 2. External Bleeding
 - 3. Shock
 - 4. Special Situations
 - 5. Burns
- E. Injuries to Muscles, Bones, and Joints
 - 1. Sling
 - 2. Splints
- F. Heat –Related Emergencies
 - 1. Heat Cramps
 - 2. Heat Exhaustion
 - 3. Heat Stroke
- G. Cold-Related Emergencies
 - 1. Hypothermia
 - 2. Frostbite
- H. Skills Tests
- I. Written Test

- X. Head, Neck , and Back Injuries in the Water
 - A. Prevention
 - B. Causes
 - C. Signs & Symptoms
 - D. Care
 - 1. Rescue Guidelines
 - 2. In-line Stabilization Techniques
 - a. Head Splint
 - 1. Face-up
 - 2. Face-down
 - b. Head Chin
 - 1. Face-up
 - 2. Face-down
 - 3. Submerged
 - 3. Using the Backboard
 - a. Shallow Water
 - b. Deep Water
 - 4. Removal From the Water

XI. Final Exam

A. Practical Skills Scenarios