

COURSE OUTLINE

LFIT-112

Lifeguard Training

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the necessary minimum skills training for a person to qualify as a non-surf lifeguard. This training should be supplemented with training specific to the facility. This course provides ample opportunity for participants to learn and practice new skills, and to build their endurance so that these skills can be accomplished, and the course successfully completed. To be eligible for this course, the student must:

- be in sound physical condition
- be fifteen years old by the last day of class
- attend all sessions
- swim 300 yards continuously using 100 yards front crawl (aka free style)
- swim 100 yards breaststroke
- swim 100 yards using either front crawl or breaststroke or a combination of them.
- demonstrate rhythmic breathing and a stabilizing propellant kick with all strokes
- swim 20 yards using previously mentioned stroke surface dive to a depth of between 7 - 10 feet, retrieve a 10 pound object, return to the surface, and swim back the 20 yards within the time allotted

Overall Course Objectives:

Upon completion of this course the student will be able to:

1. Identify the common hazards associated with various types of aquatic facilities, and develop the knowledge and skills to eliminate or minimize such hazards.
2. Recognize when a person is in a distress or drowning situation and to rescue that person.
3. Differentiate between the lifeguard-employer, and lifeguard-facility user relationship.
4. Provide explanations, demonstrations, practice, and review of the rescue skills essential for lifeguards.
5. Establish an awareness of the responsibilities of a lifeguard and instill an enthusiasm for carrying them out.
6. Demonstrate speed, endurance, and technique in swimming and lifeguarding skills.

Major Topics:

1. Introduction to the Program
2. History and Philosophy of Lifeguarding
3. Characteristics, Knowledge, Personal Skills, and Responsibilities of Lifeguards
4. Course Benefits and Requirements
5. Preventive Lifeguarding
6. Victim Recognition
7. Non-Swimming Assists
8. Entries
9. Approaches
10. Removal from the Water
11. Swimming Assists and Tows
12. Communication Systems
13. Use of Rescue Equipment
14. Emergency Action Plans
15. Special Situations
16. Defenses and Escapes
17. Records and Reports
18. Rescue Breathing with and without Floatation Equipment
19. Spinal Injury Management
20. Search and Recovery

Course Requirements:

Grading/Exams:

Grading procedures will be determined by the individual faculty member but will include the following:

Attendance is required in each class session, for the entire class, to receive American Red Cross Lifeguard Training certification.

Final grades will be calculated on the basis of class participation, attendance, skills and both water and written exams. In order to receive American Red Cross certification, all skills must be completed in order to take the final water and written test. The written test must be passed with an 80% or better.

Other Information:

Students need access to a mask, fins and snorkel.

This course meets all the requirements for certification for American Lifeguard Training.