

**Lifeguard Training**

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**Course Description:** Develop the necessary skills and knowledge needed to ensure a safe aquatic environment. Each student will learn to recognize and respond to emergency situations. This course follows the American Red Cross certification requirements. There are no make-up classes for Lifeguard Training certification.

**Course Objective:** Students will demonstrate appropriate rescue skills to manage emergency situations in or around aquatic environments.

**Texts/Materials:** Lifeguarding Today participants manual (No.655720) \$34.95  
CPR mask \$13.25  
Total- \$48.20

**Course Requirements:** 2 Practical skill finals/1 Written final (must pass 80%)  
Attend all classes for American Red Cross Certification  
Successfully perform all critical skills  
Adhere to the all Physical Education Policies

**Entrance skills:**

1. Swim 500 yards continuously in the following order: 200 yards of front crawl, 100 yards of breaststroke, and 200 yards of front crawl or breaststroke.
2. Swim 20 yards of freestyle or breaststroke, surface dive to a depth of 8-feet, retrieve a 10 lbs. Brick, return to the surface, and swim 20 yards back to the starting point with the object.

**Class Content:**

- Injury Prevention
- Patron Surveillance
- Emergency Preparation
- Rescue Skills
- Breathing Emergencies
- Cardiac Emergencies
- First Aid & CPR
- Spinal Stabilization Techniques
- Preventing Head, Neck, and Back Injuries
- Automated External Defibrillation
- Emergency Action Plans

