

TAMALPAIS UNION HIGH SCHOOL DISTRICT
Larkspur, California

Course of Study

Lifeguarding Certification and Swimming Instructor Training

I. INTRODUCTION

Lifeguarding Certification and Swimming Instructor Training is a semester long elective in the Physical Education Department for students who will be 16 years old or older before completing the course. Students who successfully complete this course will be qualified to become certified as lifeguards by the Red Cross. Students will be eligible to apply for employment as lifeguards with the additional hiring advantage of a thorough understanding of the knowledge and skills required to teach swimming.

This course addresses the following Tam 21st Century goals:

- Students will be required to acquire, manage and use knowledge and skills in order to obtain employment as lifeguards.
- In emergency situations students will be required to think critically and creatively when solving problems and making decisions.
- Lifeguarding, for many students, has been a goal since they began swimming as young children. This course offers them the opportunity to achieve these lifelong aspirations.
- All lifeguarding situations require the ability to work in teams. Students will learn the skills needed to be effective team members.
- As future professionals, the students will learn the importance of integrity and behavior of professional lifeguards.
- Understanding the needs of a diverse community will be the focus of part of the course that deals with teaching different sectors of the community.
- Students who become lifeguards, whether at work or off the job, will have the knowledge and skills necessary to take leadership roles in emergency situations in their communities throughout their lives.

This course addresses the following Student Learning Outcomes:

1. Communicate articulately, effectively, and persuasively when speaking and writing.
2. Demonstrate school-to-work/post-secondary transition skills and knowledge.
3. Participate in community, social, civic, or cultural service.
4. Demonstrate knowledge, skills and self-discipline necessary to achieve and maintain physical and emotional well being.

This course is designed to help students attain and exceed the *California Physical Education Content Standards for High School Course, 3E Aquatic Activities*

II. STUDENT LEARNING OUTCOMES AND STATE STANDARDS

- A. Students will achieve all skills outlined in the *American Red Cross Lifeguarding Instructor's Guide*.
- B. Students will achieve all skills and knowledge outlined in the *California Physical Education Content Standards for High School Course, 3E Aquatic Activities*.

III. UNITS OF INSTRUCTION

A. Major Units of Instruction

- The Professional Lifeguard
- Injury Prevention
- Patron Surveillance
- Emergency Preparation
- Rescue Skills
- Before Providing Care
- Advanced Rescue Skills
- Breathing and Cardiac Emergencies
- Professional Rescuer CPR and AED
- First Aid
- Injuries to Bones, Muscles, and Joints
- Caring for Head, Neck and Back Injuries
- Neck, Head and Back Injuries in the Water
- Biomechanics of Swimming
- Aquatic Instruction for Different Populations

B. Enduring Understandings and Essential Questions

- Characteristics and Responsibilities of a Professional Lifeguard
 - What does it mean to be a professional?
- Factors that Affect Safety
 - What is safe, unsafe?
- Communicating Effectively with Patrons/Colleagues
 - How does one speak with authority?
 - What does it sound like?
- Self Preservation
 - When do I act?
 - When to rescue? When to protect self?
- Life over Limb
 - Making choices in rescue techniques
- Life Threatening Conditions
 - When do I call for help?

C. Knowledge and Skills

The Professional Lifeguard:

- Decision Making Skills
- Legal Considerations
- Working in a Team
- Facility Management Skills

Injury Prevention:

- Patron Safety
- Rescue Equipment Maintenance
- Entering the Water Safely
- Approaching the Victim

Patron Surveillance:

- Recognizing an Emergency
- Effective Scanning
- Emergency Action Plans

Rescue Skills:

- Assists
- Active Drowning Victim Rescue
- Passive drowning Victim Rescue
- Two Person Removal with Backboard

Before Providing Care:

- Standard Precautions
- Land Skills
- Masks and Gloves
- Hazmat Waste
- General Procedures for Injury and Illness on Land
- Initial Assessment
- Emergency Moves

Breathing and Cardiac Emergencies:

- Breathing Emergencies
- Rescue Breathing
- Bag-Valve-Mask Resuscitators
- Airway Obstruction
- Cardiac Chain of Survival
- Signs and Symptoms of Heart Attack
- Cardiac Arrest
- CPR

Professional Rescuer CPR and AED:

- Two Person CPR and AED
- When the Heart Stops

First Aid:

- Secondary Assessment
- Sudden Illness
- Wounds
- Controlling External Bleeding
- Caring for Shock
- Heat and Cold Related Emergencies

Injuries to Bones, Muscles, and Joints:

- Splinting

Caring for Head, Neck and Back Injuries:

- In-line Stabilization for Head Neck and Spine Injuries

Neck, Head and Back Injuries in the Water:

- Using a Backboard

Biomechanics of Swimming:

- Posture
- Line
- Balance
- Freestyle
- Rescue crawl
- Sidestroke
- Backstroke
- Butterfly

Aquatic Instruction for Different Populations:

- Modifying Skill Instruction for the Very Young and Elderly

D. Student Assessments

1. Students will complete all skills and knowledge tests as required by the Red Cross Lifeguarding certification process.
2. Students will be able to identify and demonstrate the characteristics and critical elements of a highly skilled performance in aquatics.
3. Students will meet all physical fitness standards necessary for successful employment as a lifeguard.
4. Students will develop a personal fitness plan, monitor and adjust fitness goals throughout course.
5. Students will demonstrate coaching knowledge and skills in authentic situations.
6. Students will perform high level rescues in Red Cross designed emergency scenarios.

IV. METHODS, MATERIALS, AND RESOURCES

A. Methods

The Red Cross Lifeguard Certification course is entirely scripted. Students watch video demonstrations of skills and knowledge and then perform each skill with proficiency. The swimming instruction is also presented by video first and then performed in the water. Written assessments of content knowledge are required. Students of all skill levels may take this course. Working in teams, advanced swimmers will use instructional material to instruct lesser skilled swimmers and current junior lifeguards and strong swimmers will support the learning of less experienced guards.

B. Materials

Text: *Lifeguarding American Red Cross*

Video Series: *Richard Quick: Champion Swimming*

Video: *American Red Cross Lifeguarding*

C. Technology

Online articles for class discussions

Video participants' strokes for written analysis

Video participants' rescues for analysis

E-portfolio for job applications

D. School to Career Goals

- Guest speakers from local aquatics centers describe the qualities of a highly skilled lifeguard for employment.
- Visit aquatics centers and meet with management, tour facilities.
- Explore job opportunities locally.
- File applications with local pools for summer or year round employment.

E. Suggested Instructional Time Allocation

Professional Lifeguard/Conditioning	4 hours
Injury Prevention	4 hours
Patron Surveillance	4 hours
Emergency Preparation	4 hours
Rescue Skills/ Before Providing Care	8 hours
Advanced Rescue Skills	8-10 hours
Breathing and Cardiac Emergencies	8 hours
Professional Rescuer CPR and AED	8-10 hours
First Aid	8-10 hours
Injuries to Bones, Muscles, and Joints	8-10 hours
Caring for Head, Neck and Back Injuries	8-10 hours
Neck, Head and Back Injuries in the Water	8-10 hours
Biomechanics of Swimming	20-30 hours
Aquatic Instruction for Different Populations	8 hours
27 weeks-35 weeks depending on enrollment and skill levels	

Note: While designed as a semester course, this course may be taught as a semester or year-long course.

V. ANCHORS OF STUDENT WORK

Authentic assessment of Red Cross certification and district outcomes are embedded throughout the course. Students will perform high level rescues in spontaneous drills without any prior notice. These scenarios are part of the advanced level of instruction that professional lifeguards perform during employment, known as “red cap drills.” Students will be required to perform every skill learned in these varied scenarios, from simple assessing of the victim to deep water removal of spinal injury victims, administration of CPR, and the use of an AED. The intent of this course is to provide students with far more experience in lifeguarding than available with other training venues. Students who complete this course will have a greater degree of understanding of the work of a professional lifeguard and have a much greater ability to perform on the job than a typical guard who takes a 30-hour course and attempts the rescues once before applying for work. Aquatics facilities test guards before hiring them and hire the best. Certification and employment are the cornerstone assessments for this course.

VI. TROUBLE-SHOOTING GUIDE

This certification course requires a Red Cross Certified Lifeguard Instructor. The Lifeguard Instructor course is more than 60 hours in length for instructors who have never been lifeguards. The course demands a high level of competence in the water and with rescue protocols.

VII. COURSE ASSESSMENT

The course should be assessed based on the number of students who are qualified to seek employment at aquatics centers and do find employment. The numbers of students enrolled will also determine if the course continues.

VIII. GENERAL INFORMATION

Lifeguarding Certification is a five credit course open to sophomores, juniors and seniors.

A. Prerequisites

There are no prerequisites.

B. Requirements Met

This course may be used as elective credit towards graduation but does not meet any specific graduation requirement.

Approved by Board of Trustees: February 8, 2011