



## **PROGRAM CATALOG**

**3160 S. Valley View Blvd, Suite 108  
Las Vegas, NV 89102**

**(888) 860-3031**

**Effective February 01, 2017**

**Licensed to operate by the Commission on Postsecondary Education**



## LIFEGUARD SOCIETY® LIFEGUARD TRAINING PROGRAM



*Effective February 1, 2017*

Program: **Lifeguard Society® - Lifeguard Certification Training Program**  
School Owner: **Las Vegas CPR, LLC dba Kipnis Education Group**

**Mission:** Lifeguard Society strives to provide high-quality lifeguard certification courses for a variety of individuals, including newly-hired employees that require the training as part of their pre-employment processing as well as other individuals thinking about becoming lifeguards. In partnership with the National American Red Cross and the American Red Cross Lifeguarding Curriculum, Lifeguard Society provides the most up-to-date and advanced educational science-based lifeguarding programs. Completion of the rigorous training course will provide participants with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.

**Certification Issued:** American Red Cross Lifeguarding CPR/AED/First Aid  
*Lifeguard Society® is a division of CPR Society®, which is an American Red Cross Licensed Training Provider for Lifeguarding and CPR courses.*

**Facility Address:** 3160 S. Valley View Blvd, Suite 108 & 106, Las Vegas, NV 89102  
*Over 2,000 square feet of classroom space is available, with 2 training rooms holding up to 30 people maximum. Backboards, rescue tubes, CPR manikins, AED trainers and all other miscellaneous equipment will be supplied during the courses.*

**Pool Locations:** City Athletic Club, Clark County Desert Breeze Recreation Center, City of Henderson Whitney Ranch Aquatics Complex, City of Las Vegas Municipal Pool and City of Las Vegas Pavilion Pool. ***Pool locations may vary each session based on student enrollment. Exact location will be provided to the student in the confirmation email upon registration.***

**Business Hours:** Friday-Sunday 8 am – 8 pm      **Phone:** (888) 860-3031 x2  
**Email:** lifeguarding@cprsociety.org

### **Observed Holidays:**

New Year's Day.....January 1 Independence Day.....July 4  
Thanksgiving Day.....Fourth Thursday in November  
Christmas Day.....December 25

### **Course Dates:**

- Every **Friday – Sunday** all year long. The program consists of **3 days**.
  - **Fridays:** 9 am – 2 pm or 4 pm – 9 pm (5 hours)
  - **Saturdays:** 10 am – 8 pm (10 hours)
  - **Sundays:** 9 am – 2 pm or 4 pm – 9 pm (5 hours)
- *Note: The online component of the course will take about 5 hours to complete.*

## **Faculty:**

### **Director/Academic Director**

Daniel Kipnis, BA, EMT, LGI

### **Lead Lifeguarding Instructors**

Daniel Kipnis, BA, EMT, LGI

Kelie Garrett, LGI

### **Assistant Lifeguarding Instructor(s)**

Makenna Osborne, LGI

*Terms: LGI = Lifeguarding Instructor; EMT = Emergency Medical Technician*

### **Program Costs**

<b>Tuition</b> .....	<b>\$140.00</b>
American Red Cross (Textbook and Online Lesson Access, non refundable)...	\$35.00
Lifeguarding Certification.....	Included
CPR/AED/First Aid Certification.....	Included

Please note that there are two (2) separate fees associated with the Lifeguarding course, totaling **\$175.00**:

- **Fee #1: \$35.00**
  - This payment must be paid online to the American Red Cross to access and complete the online homework exercises and videos.
  - This fee is **not refundable**.
- **Fee #2: \$140.00**
  - This fee will be paid to the Lifeguard Society on the first day of class to proceed in the 3-day course.

### **Refund Policy**

- (a) If Lifeguard Society has substantially failed to furnish the training program agreed upon in the enrollment agreement, Lifeguard Society shall refund to a student all the money the student has paid.
- (b) If a student cancels his or her enrollment before the start of the training program, Lifeguard Society shall refund to the student all the money the student has paid, minus 10 percent of the tuition agreed upon in the enrollment agreement or \$150, whichever is less.
- (c) If a student withdraws or is expelled by the institution after the start of the training program and before the completion of more than 60 percent of the program, the institution shall refund to the student a pro rata amount of the tuition agreed upon in the enrollment agreement, minus 10 percent of the tuition agreed upon in the enrollment agreement or \$150, whichever is less.
- (d) If a student withdraws or is expelled by the institution after completion of more than 60 percent of the training program, the institution is not required to refund the student any money and may charge the student the entire cost of the tuition agreed upon in the enrollment agreement.

2. If a refund is owed, Lifeguard Society shall pay the refund to the person or entity who paid the tuition within 15 calendar days after the:
  - (a) Date of cancellation by a student of his or her enrollment; Date of termination by the institution of the enrollment of a student; Last day of an authorized leave of absence if a student fails to return after the period of authorized absence; or (d) Last day of attendance of a student, whichever is applicable.
3. Books, educational supplies or equipment for individual use are not included in the policy for refund required by subsection 1, and a separate refund must be paid by the institution to the student if those items were not used by the student. Disputes must be resolved by the Administrator for refunds required by this subsection on a case-by-case basis.
4. For the purposes of this section:
  - (a) The period of a student's attendance must be measured from the first day of instruction as set forth in the enrollment agreement through the student's last day of actual attendance, regardless of absences.
  - (b) The period of time for a training program is the period set forth in the enrollment agreement.
  - (c) Tuition must be calculated using the tuition and fees set forth in the enrollment agreement and does not include books, educational supplies or equipment that is listed separately from the tuition and fees.

### Credit for Previous Training

Due to the short term of the program and the nature of the training offered by Lifeguard Society, prior credit will not be given.

### Entrance Requirements

The minimum age to enroll in the lifeguarding course is 15 years old. A high school diploma is not required. Lifeguard Society offers 2 versions of the lifeguarding program: Shallow Water Lifeguarding (up to 5 feet of water) and Full Lifeguarding (up to 7-10 feet of water). Below are the skills that will be evaluated during the pool day. Failure to successfully complete requirements for the Full Lifeguarding course may require a Shallow Water certification, under the instructor's discretion.

Shallow Water Lifeguarding Course (5 feet of water)	Full Lifeguarding Course (7-10 feet of water)
Course is ideal for: <ul style="list-style-type: none"> <li>Lifeguards working at <b>hotel pools, spas, resorts</b> with 5 feet of water depth or less.</li> </ul>	Course is ideal for: <ul style="list-style-type: none"> <li>Lifeguards working at <b>community or recreation center pools</b> with water exceeding 5 feet depth.</li> </ul>
1. Swim <b>100 yards (4 laps)</b> <b>continuously</b> demonstrating <b>breath control</b> and <b>rhythmic breathing</b> . You may swim using the <b>front crawl, breaststroke</b> or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.  2. <b>Tread water</b> for <b>2 minutes</b> using only the <b>legs</b> . You should place your hands under the armpits.  3. Complete a timed event within <b>50 seconds</b> . <ul style="list-style-type: none"> <li>Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.</li> <li>Submerge to a depth of <b>4 to 5 feet</b> to retrieve a <b>10-pound object</b>.</li> <li>Return to the surface and walk or swim <b>20 yards</b> to return to the starting point with both hands holding the object at the surface of the water.</li> <li>Exit the water without using a ladder or steps.</li> </ul>	1. Swim <b>300 yards (12 laps)</b> <b>continuously</b> demonstrating <b>breath control</b> and <b>rhythmic breathing</b> . You may swim using the <b>front crawl, breaststroke</b> or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.  2. <b>Tread water</b> for <b>2 minutes</b> using only the <b>legs</b> . You should place your hands under the armpits.  3. Complete a timed event within <b>1 minute, 40 seconds</b> . <ul style="list-style-type: none"> <li>Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.</li> <li>Surface dive, feet-first or head-first, to a depth &gt;5 feet to retrieve a <b>10-pound object</b>.</li> <li>Return to the surface and swim 20 yards to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. You should not swim the distance under water. Exit the water without using a ladder or steps.</li> </ul>

## Career Services/Job Placement

Please note that job placement is **not guaranteed** after course completion. However, Lifeguard Society works closely with hotels and resorts to provide information on employment opportunities for lifeguard graduates. Students will receive a list of employers and HR managers that are actively recruiting lifeguards. It is up to the student to apply for a desired position. Furthermore, Lifeguard Society hires lifeguards for its own events such as Tough Mudder, HOA pools at Mountain's Edge and other opportunities. Lifeguard Society also collaborates with various hotel pools to provide training for all newly-hired lifeguard employees.

## Grading Policies

Minimal overall passing score for the lifeguarding course is **80%**, which is based off of the written final examination score along with attending all 3 days of the course and successfully passing the requirements below:

- Online Course Completion with videos/lessons (Pass/Fail)
- Competency in all water rescue skills (Pass/Fail)
- Competency in CPR/AED/First Aid (Pass/Fail)
- Lifeguard Study Packet Completion (Pass/Fail)

Any student who falls below the minimum standards will be placed on probation and remedial training and work will be available to improve their grade and performance. If a student is not able to complete the remedial training, and meet the testing passing rate of 80% will be dismissed from the program. Readmission may be offered at the discretion of the Director, Academic Director, and instructors. Additional fees apply.

## Counseling

A counseling conference can be initiated by either the instructor or student and other individuals may be asked to attend.

## Appeals Process

Appeals must be submitted in writing to the facility's Director, and will be reviewed by the facility and/or Director. Responses will be in writing.

## Attendance

**Absence:** The student arrives 15 minutes after the beginning of a scheduled lecture, skill activity or pool session or leaves 15 minutes before the scheduled end of class will be considered as an absence, and the student will be asked to leave.

**Tardiness:** The student arrives less than 15 minutes after the beginning of any lecture, skill activity or pool session or leaves 15 minutes before the scheduled end of the lecture, skill activity or pool session. **Two tardies will equal one absence.** More than two absences, for any reason, will withdraw the student from the program. Refund policy applies.

Attendance is necessary to all classroom lectures, skill activities and pool sessions.

### **In the event of illness or emergency, the student must do the following:**

1. Notify the instructor. Do **NOT** leave a voice mail, email, or text message. You must talk directly to the instructor.
2. Follow up with the instructor regarding his/her absence and schedule the makeup.

Documentation of illness or emergent event will be requested by the faculty. Make up time for missed sessions will be required and is at the discretion of the instructor and facility administrator.

## **Conduct**

### ***Unsafe & Unsatisfactory Performance***

Any student, who does not perform lifeguarding techniques safely, both in classroom and in pool session, will be terminated from continuing the course. Immediate dismissal from the course will occur at any time when a student's safety is jeopardized by another student's actions. In the event unsatisfactory academic or skill session performance occurs, including adherence to the policies outlined below, the student will receive:

- First offence - Verbal warning
- Second offence - Written warning
- Third offence - Dismissal. Refund policy applies.

**Sever infractions that would prevent the student from completing their entire skill activities or water sessions may demand immediate dismissal.**

*Re-Admission – A student may apply for re-admission if the student:*

1. Left the program in good standing, the student may register for the next available course, all previous hours are forfeited, and all fees and tuition apply
2. Dismissed from the program, the student may write a letter of appeal to the Program Director. Re-admission is at the digression of the Program Director.

## **Lifeguard Society® Lifeguard Training Program Overview**

The American Red Cross Lifeguarding Training program provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisite skills: Minimum age: 15 years old. Basic swimming skills are expected. Lifeguard candidates will be required to demonstrate swimming competency during the pool sessions by performing the following scenarios: - Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. Surface dive to a depth of 5 to 10 feet to retrieve a 10-pound object. Return to surface and swim 20 yards on the back to return to the starting point. Exit the water without using a ladder or steps. If skills are not performed adequately, a Shallow Water certification may be issued, by the instructor's discretion.

**Program Length:** 3 days (Friday - Sunday); **Total Hours:** 25; **Tuition:** \$175.00, due on the first day of class

- Describe the characteristics and responsibilities of a professional lifeguard.
- Define certain legal considerations and apply them to situations that might be encountered.
- Describe ongoing training for lifeguards.
- Describe what it means to work as part of a lifeguard and safety team.
- Describe the role lifeguards play in ensuring facility safety.
- Identify how to ensure the safety of patrons when weather conditions create safety concerns.
- Explain the reasons for common rules and regulations at aquatic facilities.
- Demonstrate how to safely and effectively enter the water and approach a victim.
- Describe the role that facility management plays in facility safety.
- Describe the drowning process
- Identify the behaviors of a swimmer, distressed swimmer, and an active and a passive victim
- Identify and define elements of effective surveillance.
- Explain proper scanning techniques and identify tactics to overcome scanning challenges.
- Identify various types of zones of surveillance.
- Explain how communication with patrons plays a role in preventing injuries.
- Explain patron surveillance techniques for various activities.
- Explain patron surveillance techniques for facilities with special attractions.
- Explain and demonstrate lifeguard rotations.
- Demonstrate how to perform effective surveillance - scanning, victim recognition and lifeguard rotations.
- Explain how communication with patrons plays a role in preventing injuries.
- Demonstrate ways of interacting with patrons in a professional manner.
- Recognize dangers and hazards that may cause injury to patrons and how to resolve them.
- Explain the importance of activating an Emergency Action Plan when performing a rescue.
- Explain responsibilities in a facility's EAP.
- List examples of in-service training and simulation drills to practice EAP procedures.
- Demonstrate how to safely and effectively assist a distressed swimmer, rescue an active and passive victim and rescue multiple victims in the water.
- Demonstrate the ability to implement an EAP and perform a rescue.
- Demonstrate how to safely and effectively rescue a submerged victim in shallow or deep water.
- Demonstrate how to safely and effectively perform a two-person removal of a victim from the water using a backboard.
- Demonstrate the following rescue techniques safely in the water:
  - Swim entries, stride jump, compact jump, simple assist, reaching assist, active victim front rescue, active victim rear rescue, multiple-victim rescue, rescuing submerged victim, removal from the water, backboard stabilization and removal, head-splint technique.

## **Lifeguard Society® Lifeguard Training Program Overview**

### **(CONTINUED)**

Describe what standard precautions to take to prevent disease transmission when providing care.

- Demonstrate proper removal of disposable gloves.
- Describe the general procedures for injury or sudden illness on land.
- Identify items of concern when conducting a scene size-up.
- Demonstrate how to perform a primary assessment and place a victim in the H.A.IN.E.S. recovery position.
- Identify victim conditions that indicate the need to summon emergency medical services (EMS) personnel.
- Understand how to safely and effectively move a victim on land.

- Demonstrate how to use a resuscitation mask.
- Recognize and care for a breathing emergency.
- Demonstrate how to safely and effectively give ventilations.
- Demonstrate how to safely and effectively use a bag-valve-mask (BVM) resuscitator with two rescuers.
- Demonstrate how to safely and effectively care for an obstructed airway for a conscious and an unconscious victim.
- Demonstrate the ability to work as a team to implement an EAP, perform a rescue and perform emergency care.

- Identify the four links in the Cardiac Chain of Survival and identify the importance of each.
- Recognize the signs of a heart attack.
- Identify the steps for caring for a victim of a heart attack.
- Identify signs and symptoms of cardiac arrest.
- Demonstrate how to safely and effectively perform one-rescuer CPR and two-rescuer CPR.
- Demonstrate how to use an automated external defibrillator (AED).
- Identify precautions for using an AED.
- Demonstrate how to perform a secondary assessment.
- Identify how to recognize and care for a victim of sudden illness, injuries and shock.
- Demonstrate how to control external bleeding.
- Identify how to recognize and care for a victim of poisoning, heat-related illnesses and cold-related emergencies.



**Lifeguard Society® Lifeguard Training Program Overview**  
**(CONTINUED)**

- Demonstrate how to immobilize muscle, bone and joint injuries.
- Demonstrate the ability to work as a team to implement an EAP and provide first aid care.
- Identify possible causes of head, neck or spinal injuries on land.
- Identify and care for signs and symptoms of head, neck or spinal injuries.
- Demonstrate how to perform front and rear head-hold escapes and how to give in-water ventilations.
- Demonstrate how to perform a quick removal of a victim from the water
- Demonstrate proficiency in performing a variety of emergency medical scenarios, including CPR and AED use
- Demonstrate proficiency in performing First Aid techniques such as EpiPen use and bleeding control.
- Explain how to evaluate an injured or altered individual.

## Lifeguard Training Syllabus

Session	Online Lessons Covered	Homework Assignments:
Precourse  (Read PDF manual)		<ul style="list-style-type: none"> <li>■ Read Chapters <b>1–6, 11</b> in book.</li> <li>■ Complete <b>Study Packet</b> Chpts. <b>1-6</b></li> <li>■ Complete online lessons <b>1-6</b>.</li> </ul> <p><b>Complete before DAY 1.</b></p>
Day 1 (LECTURE)	<ul style="list-style-type: none"> <li>■ Introduction</li> <li>■ Lesson 1: <b>The Professional Lifeguard</b></li> <li>■ Lesson 2: <b>Facility Safety</b></li> <li>■ Lesson 3: <b>Surveillance &amp; Recognition</b></li> <li>■ Lesson 4: <b>Injury Prevention</b></li> <li>■ Lesson 5: <b>Emergency Action Plans</b></li> <li>■ Lesson 6: <b>Water Rescue Skills</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Read Chapters <b>7-10</b> in book.</li> <li>■ Complete online lessons.</li> <li>■ Review for the CPR/AED for the Professional Rescuer and First Aid exam</li> </ul> <p><b>Complete before DAY 3.</b></p>
Day 2 (POOL DAY)	<ul style="list-style-type: none"> <li>■ Water skill sessions</li> </ul> <p>Look over water skill sheets under “<b>Course Materials</b>” online.</p>	<p><b>Continue working on online homework.</b></p> <p><b>Complete before DAY 3.</b></p> <p><b>Take CPR test online.</b></p>
Day 3 (Lecture & Exams)	<ul style="list-style-type: none"> <li>■ <b>Lifeguard Exam (written test)</b></li> <li>■ Lesson 7: <b>Before Providing Care and Victim Assessment</b></li> <li>■ Lesson 8: <b>Breathing Emergencies</b></li> <li>■ Lesson 9: <b>Cardiac Emergencies and Using an Automated External Defibrillator</b></li> <li>■ Lesson 10: <b>First Aid</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Complete the <b>Conclusion</b>, which includes taking the <b>CPR/AED for the Professional Rescuer and First Aid exam</b></li> </ul> <p>The CPR exam will be taken at <b>home</b>. Please complete the exam by latest at the end of Day 3 to receive your digital certificate.</p>

All online lessons will be due on **Sunday night**. Course records will be submitted on Monday morning to the Red Cross. Your digital certification should be available in your online account within a few days.