

Lifeguard Training Syllabus

Session	Online Lessons Covered	Homework Assignments:
Precourse (Read PDF manual)	<i>Review the swimming pre-requisites and practice doing laps and treading water to be prepared for Sunday's pool day.</i>	<ul style="list-style-type: none"> ■ Read Chapters 1–6, 11 in manual. ■ Complete Packet Chapters 1-6, 11. ■ Complete online lessons 1-6. <p style="text-align: center;">Complete before DAY 1.</p>
Day 1 (LECTURE) Friday	<ul style="list-style-type: none"> ■ Lesson 1: The Professional Lifeguard ■ Lesson 2: Facility Safety ■ Lesson 3: Surveillance & Recognition ■ Lesson 4: Injury Prevention ■ Lesson 5: Emergency Action Plans ■ Lesson 6: Water Rescue Skills ■ Lesson 11: Spinal Injuries 	<ul style="list-style-type: none"> ■ Read Chapters 7-10 in manual. ■ Complete Packet Chapters 7-10 and all online lessons. ■ Review for the CPR/AED for the Professional Rescuer and First Aid exam (in online course). <p style="text-align: center;">Complete before DAY 3.</p>
Day 2 (EXAM & LECTURE) Saturday	<p style="text-align: center;"><i>Lifeguard Exam (in-class written test)</i></p> <ul style="list-style-type: none"> ■ Lesson 7: Before Providing Care and Victim Assessment ■ Lesson 8: Breathing Emergencies ■ Lesson 9: Cardiac Emergencies and Using an Automated External Defibrillator ■ Lesson 10: First Aid 	<p style="text-align: center;">Continue working on online homework.</p> <p style="text-align: center;">Complete before DAY 3.</p> <p style="text-align: center;">Take CPR test in online course.</p>
Day 3 (POOL DAY) Sunday	<ul style="list-style-type: none"> ■ Meet at Water World, 789 Middlegate Rd, Henderson, NV 89011 ■ Pool is indoors. ■ Will perform all water rescue skills. ■ Bring swim attire, lunch/snacks, water, towel, extra clothes, goggles (optional). <p>Study your online water rescue skill sheets and pool skills paper attached to this packet to be prepared for the pool.</p>	<ul style="list-style-type: none"> ■ Complete the Conclusion in the online course, which includes taking the CPR/AED for the Professional Rescuer and First Aid exam. <p><i>The CPR exam will be taken through the online course.</i></p> <p><i>Print out your completion certificate or show to instructor on your phone.</i></p>

Red Cross Online Program Information: The first part of the online learning component (**Lessons 1-6**) will be covered on the **Day 1 Lecture**. Complete those lessons before class. However, all lessons will be due on the **Sunday class**.

You may either print out your online course completion certificate and bring it with you to Sunday's class or you may show it on your phone to the instructor.

Re-certification students must also complete the *online portion*.

Please review the course requirements below for the Shallow Water Lifeguarding course as well as Full Lifeguarding Course.

The skills below will be tested on Day 3 Pool Day.

Practicing the skills before class is strongly recommended.

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

Course Refund Policy

Carefully read the course refund policy below and sign at the bottom and bring to the first day of class.

- **Lifeguard Training Tuition** (*check your email for current course pricing*)
 - Tuition will be paid to the Lifeguard Society on the **first day of class** to proceed in the 3-day course. **Cash or credit/debit card payment will be accepted at the office.**
 - Check payments **will not** be accepted or processed due to the short nature of the program.

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- Lifeguard Society will provide a course refund based on the following conditions:
 - If student attends **Day 1 only** and does not attend Day 2 or 3:
 - **\$135.00** refund will be provided.
 - Or student must email lifeguarding@cprsociety.org and request to make up the class the following week, pending availability. Only one make-up will be allowed.
 - If student attends **Day 1 and Day 2** but does not attend **Day 3 (pool day)**:
 - **\$100.00** refund will be provided.
 - Or student must email lifeguarding@cprsociety.org and request to attend Day 3 the following week, pending availability. Only one make-up will be allowed.
 - If student attends **all 3 days** but **does not pass** any part of the **pool skills** or **final scenarios**:
 - **\$50.00** refund will be provided.
 - Or student must email lifeguarding@cprsociety.org and request re-do pool skills on Day 3 the following week. Only one make-up will be allowed.

Certification Requirements:

To receive certification, you must **attend all class sessions**, successfully perform **all required skills**, pass the **written Lifeguarding exam** on Day 2 with an **80% or higher**, and complete the **online Red Cross lifeguarding program**. You will then receive an American Red Cross certificate for **Lifeguarding/First Aid/CPR/AED** valid for **2 years**.

By signing below, I agree to the refund policy and certification requirements above.

Student's Full Name: _____ Signature: _____

(if under 18): Parent's Name: _____ Signature: _____

Student Date of Birth: _____ Age: _____

Date: _____

Bring this signed waiver to class on Day 1.



Assumption of Risk, Release of Liability, and Medical Authorization Form (“AGREEMENT”)

In consideration of being permitted to participate in any way in any KIPNIS EDUCATION GROUP/CPR SOCIETY/LIFEGUARD SOCIETY (owned by Las Vegas CPR, LLC) activity (“Activity”), I, for myself, my personal representatives, assigns, heirs, and next of kin: ACKNOWLEDGE, agree and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. I FULLY UNDERSTAND that: (a) ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH (“RISKS”); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE ‘RELEASES’ NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. I HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the CPR SOCIETY/LIFEGUARD SOCIETY, including its parent company, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees and assigns of each, and the Activity’s clubs, coaches, officials, administrator, members, volunteers, participants, sponsors, advertisers, and if applicable owners and lessors of premises on which the Activity takes place, and any other party indemnified and held harmless by the CPR SOCIETY/LIFEGUARD SOCIETY (each considered one of the ‘RELEASES’ herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Release’s, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS BEACH OF THE RELEASES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

PARTICIPANT & PARENTAL CONSENT:

I hereby acknowledge the inherent risks associated with swimming and that such risks include, but are not limited to:

1. Drowning or inhalation of water arising from my being overwhelmed, the actions of others, exhaustion or unconsciousness, or incapacitation through swallowing water, blackout, heart attacks, carotid sinus syncope or stroke;
2. Exposure to or immersion in the water and/or its chemicals;
3. Overuse injuries;
4. Collision with other swimmers, the pool walls or other objects;
5. Failure to follow the pool employees’ instructions or failure to ask for information or assistance;
6. Injuries resulting from the actions or omissions of me or other swimmers; and
7. Near drowning;

I understand that these risks carry with them the possibility of injury or ailment, including, but not limited to ear infections, breathing difficulties, eye irritation and athlete’s foot, and less likely, although still possible risks of death or injury, included but not limited to, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of my child’s body, general health, and well-being. .

Despite the inherent risks associated with swimming, some of which are outlined above, I consent to my child’s participation in such activities at the pool. I acknowledge that my child is in good physical condition and that I know of no allergies, physical impairments, disabilities, or other condition or reason that would prevent me from safely participating in swimming activities.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINTED NAME OF PARTICIPANT _____ PHONE: _____

PARTICIPANT’S SIGNATURE (only if age 18 or over): _____

PARENT/GUARDIAN NAME & SIGNATURE (if participant under 18): _____

EMERGENCY CONTACT NAME, PHONE, & RELATIONSHIP: _____

Any medical conditions to note (optional): _____



Student Enrollment Agreement

School Name: Las Vegas CPR, LLC dba Kipnis Education Group
Program Name: Lifeguard Society® Lifeguard Training Program
Address: 3160 S. Valley View Blvd, Suite 108, Las Vegas, NV 89102
Phone: (888) 860-3031 x2



Student Information:

Full Name: _____

Address: _____

Phone Number: _____

Refund policy:

(a) If the institution has substantially failed to furnish the training program agreed upon in the enrollment agreement, the institution 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, the institution 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.

Please note that job placement is not guaranteed after course completion.

Catalog date: September 14, 2017

By signing below, I, the student, have read and understand this enrollment agreement and have received a copy of the catalog and understand that the policies in the catalog are part of this enrollment agreement.

Program: Lifeguard Society® Lifeguarding Training Program
Course Length: 3-day program, 25 hours total (both classroom lecture, pool sessions and online)
Total Cost: *Check online for current tuition fees.*
Start Date of Program: _____

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.

Student Signature: _____ **Date:** _____



This transcript must be brought to the class in order to receive your certification.

3160 S. Valley View Blvd, Suite 108, Las Vegas, NV 89102 | www.LifeguardSociety.com | Classes.Vegas

Academic Transcript

Student Name: _____

Inclusive Dates of Attendance: _____

Date of Graduation: _____



LIFEGUARD SOCIETY®
 Lifeguard Society®
 Lifeguard Training Program
 Hours of Completion: 25

Online Course Completion (Videos/Lessons): <i>Bring print out on Sunday or show on phone.</i>	PASS	FAIL
Competency in water rescue skills:	PASS	FAIL
Competency in CPR/AED/First Aid:	PASS	FAIL
Lifeguard Study Packet Completion:	PASS	FAIL
Final Written Examination (passing score: 80%):	PASS	FAIL

Shallow

Full

(circle one)

Course Subjects:

The Professional Lifeguard	PASS	FAIL
Facility Safety	PASS	FAIL
Surveillance and Recognition	PASS	FAIL
Injury Prevention	PASS	FAIL
Emergency Action Plans	PASS	FAIL
Water Rescue Skills	PASS	FAIL
Before Providing Care and Victim Assessment	PASS	FAIL
Breathing Emergencies	PASS	FAIL
Cardiac Emergencies	PASS	FAIL
First Aid	PASS	FAIL
Caring for Head, Neck and Spinal Injuries	PASS	FAIL
Final Evaluation - CPR/AED/First Aid	PASS	FAIL

**Place of Employment
(if already hired):**

Instructor comments:

FINAL GRADE:	PASS	FAIL
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Lifeguard Pool Skills — Pre-reqs: lap swim, brick test, treading water

- **Assists:**
 - Simple Assist; Reaching Assist from the Deck

- **Entries:**
 - Slide-in Entry and Walking Approach; Slide-in Entry and Swimming Approach
 - Stride Jump and Swimming Approach; Compact Jump and Swimming Approach

- **Active Victim Rescues:**
 - Active Victim Front Rescue; Active Victim Rear (from back) Rescue

- **Passive Victim Rescues:**
 - Passive Victim Front Rescue; Passive Victim Rear (from back) Rescue
 - Passive Victim Submerged—Shallow Water
 - Feet-first/Head-first Surface Dive
 - Passive Victim Submerged—Deep Water

- **Extrication using a backboard (non-spinal injury) at Pool Edge:**
 - Rescuing (primary) lifeguard swims with victim toward the side of the pool
 - Secondary (assisting) lifeguard places backboard vertically on edge of pool against the wall
 - Rescuing lifeguard raises one of the victim's arms so assisting lifeguard can grasp the arm
 - Assisting lifeguard on deck firmly holds backboard with one hand and victim's forearm with other hand and angles board out slightly; rescuing lifeguard stabilizes backboard from the side.
 - If more than one assisting lifeguard is available, they should help hold and stabilize the backboard
 - Assisting lifeguard on deck pulls backboard onto the deck. Rescuing lifeguard pushes the backboard as the assisting lifeguard pulls.

- **Head Splint Technique (spinal injury):**
 - **Face-up victim** at or near the surface—Shallow Water
 - **Face-down victim** at or near the surface—Shallow Water
 - **Submerged Victim**
 - Approach victim from the side
 - In **Deep Water**, release rescue tube if victim is more than arm's reach beneath surface
 - Grasp victim's arms midway between shoulder and elbow.
 - Grasp victim's right arm with your right hand and victim's left arm with your left hand.
 - Gently move the victim's arms up alongside the head.
 - Squeeze the victim's arm against their head to help hold head in line with body.
 - Turn the victim face-up while bringing victim to the surface at an angle.
 - Victim should be face-up just before reaching the surface or at the surface.
 - ***Alternative method for manual in-line stabilization technique—head and chin support***
 - The head and chin support can be used for face-down or face-up victims in at least 3 feet of water.
 - Do not use the rescue tube for support when performing the head and chin support on a face-down victim in deep water. Once the victim is **face-up**, another lifeguard can place a rescue tube under the rescuing lifeguard's armpits to help support them and the victim.

- **Spinal Backboarding Procedure & Extrication (spinal injury) at POOL EDGE—Shallow Water:**
 - Rescuing lifeguard provides **in-line stabilization** using head splint technique and swims with the victim toward side of pool. Rotate victim to **face-up** if necessary
 - Use the **overarm head splint technique** to maintain in-line stabilization before reaching side of pool
 - Assisting (secondary) lifeguard on deck brings **backboard to edge of water** and removes head immobilizer, then places board at an **angle** in water, submerging the head space of the board if possible
 - Rescuing lifeguard now approaches board and moves to the side of it, then places **one foot** (step on) the end of the backboard to hold it down.
 - Rescuing lifeguard places **victim on center of backboard** with the head on designated head space.
 - With head of backboard resting on **pool edge**, assisting lifeguard stabilizes board by pressing down on it with **both elbows** and stabilizes victim by placing both hands on victim's arms and applying pressure, using the head splint. **Rescuing lifeguard can release arms.**
 - **Rescue tube** may be quickly placed under **foot end of board**, if needed for support.
 - Rescuing lifeguard secures **one strap** across victim's chest, under armpits, then stabilizes the victim by placing **one hand and arm on victim's chin and chest** and other hand and arm under backboard.
 - Assisting lifeguard then **releases victim's arms and lowers victim's arms down** and secures victim's head to backboard using head immobilizer and strap across the forehead.
 - Rescuing lifeguard moves to foot end of board while assisting lifeguard holds backboard at head of board from pool deck, then assisting lifeguard lifts head of backboard and working together, lifeguards pull and push board onto deck.

- **Spinal Backboarding Procedure & Extrication (spinal injury) at HIGH EDGE—Shallow Water:**
 - Both lifeguards are in the water to backboard victim.*
- Rescuing lifeguard provides in-line stabilization using head splint technique and swims with victim toward side of pool
 - Rotate victim to face-up position
 - Use **overarm head splint technique** to maintain in-line stabilization before reaching side of pool
 - Assisting lifeguard on deck brings backboard to **edge of water** and removes head immobilizer, placing it within reaching distance
 - **Assisting lifeguard enters water**, submerged the backboard and positions board under victim
 - Once backboard is in place, assisting lifeguard places rescue tube **under head end** of backboard for support; assisting lifeguard maintains **stabilization of victim's head** by placing both hands on victim's arms and applying pressure, using **head splint technique**. Rescuing lifeguard can now release the arms.
 - Rescuing lifeguard secures victim to backboard by securing **chest strap high across victim's chest** and **under armpits**. Rescuing lifeguard then stabilizes victim by placing one hand and arm on victim's chin and chest and other hand and arm under backboard.
 - Assisting lifeguard then releases victim's arms and lowers arms down and secures victim's head to backboard using head immobilizer and strap across forehead.
 - Rescuing lifeguard gets out of water and grasps handholds of backboard while assisting lifeguard maintains control of backboard in the water. Working together, lifeguard pull and push backboard onto the deck.

- **Spinal Backboarding Procedure & Extrication (spinal injury) —DEEP WATER:**
 - In deep water, use the same technique as shallow water but use rescue tubes to support the rescuing lifeguard as well as the backboard.

Bring this exam answer sheet on Saturday.

Name: _____

Exam graded by:

Date: _____

Score: /35

Mark an "X" next to each wrong answer.

Passing score: 80% (28/35)

LIFEGUARDING FINAL EXAM

- | | | | | | | | | | |
|-----|-----------------------|-----------------------|-----------------------|-----------------------|-----|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 19. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 20. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 21. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 22. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 23. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 24. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 25. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 26. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 27. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 28. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 29. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 30. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 31. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 32. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 33. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 34. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 35. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | | | | | |

Instructor comments:

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• Complete chapters **1-6 & 11** before
Day 1 Lecture.

• Complete chapters **7-10** before
Day 2 Lecture.

Book Edition: 2017



Name:

Date:

Lifeguard Study Notes

Use the **Lifeguarding Manual** and **Online Lessons** to complete this packet.

Please summarize answers in your own words; do not copy directly from the book.

Bring this packet with you to each training session.

Chapter 1 – The Professional Lifeguard

1. Name 3 primary responsibilities of a lifeguard:

2. Name 3 secondary responsibilities of a lifeguard:

3. Name 3 characteristics of a professional lifeguard:

4. As part of the **FIND decision-making process**, define what each letter stands for:

a. F=

b. I=

c. N=

d. D=

5. **LEGAL CONSIDERATIONS.** Briefly define each term below in your own words:

a. Duty to act.

b. Stand of care.

c. Negligence.

d. Abandonment.

e. Confidentiality.

f. Documentation.

g. Consent.

h. Refusal of Care.

i. Good Samaritan Laws.

6. Describe what an Emergency Action Plan (EAP) is.

Chapter 2 – Facility Safety

7. Name the type of rescue equipment shown below:



8. Define what **Recreational Water Illnesses (RWIs)** are and the required treatment plan.

9. Describe the procedure for dealing with **Lightning** and **Thunderstorms** in the pool.

10. Explain what the **Safety Data Sheet (SDS)** is and the purpose for using it.

11. List **five common rules** and **regulations** often posted at an aquatic facility.

Chapter 3 – Surveillance and Recognition

11. Define what **drowning** is and the drowning process.

12. Define what a **laryngospasm** is.

13. Describe the 5 elements of **effective surveillance** in the pool.

14. Describe the differences between the **3 types of swimmers** below and possible causes:
 - a. Distressed Swimmer.

 - b. Drowning Victim—Active.

 - c. Drowning Victim—Passive.

15. Name 5 guidelines for **effective scanning** in the pool:
 - a.

 - b.

 - c.

 - d.

 - e.

16. Name 3 challenges with scanning:

- a.
- b.
- c.

17. Define the **RID Factor** and briefly explain what it means.

- a. R=
- b. I=
- c. D=

18. Define **zone coverage**.

19. Define **total coverage**.

20. Define **emergency back-up coverage**.

21. Name 2 types of **lifeguard stations**.

22. Lifeguards should be able to recognize and respond to a drowning victim within _____ **seconds**.

The size of a zone should allow for a lifeguard to recognize an emergency, reach the victim, extricate and provide ventilations within _____ **minutes**.

Chapter 4 – Injury Prevention

Although not all emergencies can be prevented, knowing what causes life-threatening injuries can help you to prevent many of them.

22. Name 2 life-threatening emergencies.

a.

b.

23. Name 2 non-life-threatening emergencies:

a.

b.

Patrons may be unfamiliar with a facility's features or get so excited that they do not read signs or pay attention to the rules. If patrons are not following the rules, it is your job to inform them of the possible consequences. Explaining rules in a positive way encourages patrons to behave safely.

24. Describe a dangerous scenario and how you would approach and prevent a patron from engaging in that risky behavior.

Chapter 5 – Emergency Action Plans

25. Familiarize yourself with the following emergency water rescue procedures:

- Drowning victim—active.
- Drowning victim—passive.
- Spinal injury victim—passive on surface.
- Spinal injury victim—passive submerged.

26. Describe a **missing person procedure**.

27. Describe the steps in a **sample Emergency Action Plan**.

28. Describe the importance of **writing an incident report** after an emergency.
Include what **type of information** needs to be written in the incident report.

Chapter 6 – Water Rescue Skills

TRAIN TO THE STANDARD, MEET THE OBJECTIVE.

In this course and throughout your ongoing training, you will be taught how to perform water rescues based on the lifeguarding standards. You will learn these techniques in a specific manner. However, in the real world, no two aquatic emergencies are exactly alike. Actual rescue situations often are fast-moving and rapidly changing. You may not be able to follow each step exactly as you have learned and practiced. So, in an actual rescue, keep in mind the skill steps you have learned, but your primary focus should be on the overall objective—**saving the victim's life**.

During this course and on the job, you must make decisions and handle situations as they occur. Keep in mind these four core objectives in any rescue situation:

- Ensure the safety of the victim, yourself and others in the vicinity. This includes the entry, approach, rescue, removal and care provided.
- Use a rescue technique that is appropriate and effective for the situation.
- Provide an appropriate assessment, always treating life-threatening conditions first.
- Handle the rescue with a sense of urgency.

29. Define the different types of water entries below:

- a. Slide-in entry.
- b. Stride jump.
- c. Compact jump.
- d. Run-and-swim entry.

30. Describe the following rescues for **victims at or near the surface** of the water:

- a. Active victim front rescue.
- b. Active victim rear rescue.
- c. Passive victim front rescue.
- d. Passive victim rear rescue.

Chapter 7 — Before Providing Care and Victim Assessment

31. Name **3 bloodborne pathogens** of primary concern to lifeguards.
32. Name **4 conditions** that must be met for a **pathogen to spread**.
33. Describe the procedure if a lifeguard is exposed to blood or other body fluids.
34. Describe what must be evaluated during a **primary assessment**.
35. Describe what must be evaluated during a **secondary assessment**.
36. An **adult** is considered anyone age ____ years or older.
37. A **child** is considered anyone age ____ year to about ____ years old.
38. An **infant** is considered anyone younger than ____ year.

Chapter 8 — Breathing Emergencies

39. Describe 2 signs and symptoms of **respiratory distress**:

Giving ventilations is a technique for breathing air into a victim to provide the oxygen necessary to survive. The air you exhale contains enough oxygen to keep a person alive. Each ventilation should last about 1 second and make the chest clearly rise. The chest should fall before you give the next ventilation.

40. For an **adult**, give 1 ventilation every ____ seconds.

*Reassess for breathing and pulse
every 2 minutes.*

41. For a **child** or **infant**, give 1 ventilation every ____ seconds.

When you give ventilations, the victim may **vomit**. Many victims who have been submerged vomit because water has entered the stomach or air has been forced into the stomach during ventilations. If this occurs, quickly turn the victim onto his or her side to keep the vomit from blocking the airway and entering the lungs.

42. Describe what **anaphylaxis** is, signs and symptoms, and treatment plan.

43. Describe the procedure for helping a **conscious choking adult or child**.

44. Describe the procedure for helping a **conscious choking infant**.

45. Describe the procedure for treating an **unconscious** adult or child from **choking**.

46. Describe the procedure for treating an **unconscious** infant from **choking**.

Chapter 9 — Cardiac Emergencies

47. List the 5 links in the **Cardiac Chain of Survival**.
48. Describe what a **heart attack** does to the heart, ways of recognizing it, and treatment plan.
49. Describe what **cardiac arrest** is and the purpose of **CPR** and when it should be done.

Table 9-1: Summary of Techniques for CPR—Adult, Child and Infant			
	Adult	Child	Infant
Hand position	Heel of one hand in center of chest (on lower half of sternum) with the other hand on top 		Two fingers on the center of the chest (just below the nipple line) 
Compression depth	At least 2 inches (Try to avoid greater than 2.4 inches if using a feedback device.)	About 2 inches	About 1½ inches
Ventilations	Until chest begins to rise (1 second per ventilation)		
Cycles (one rescuer)	30 chest compressions and 2 ventilations		
Cycles (two rescuers)	30 chest compressions and 2 ventilations	15 chest compressions and 2 ventilations	
Rate	Between 100 and 120 compressions per minute		

50. Describe the purpose of the **Automated External Defibrillator (AED)** and when it should be used.

Using SAMPLE to Take a Brief History

51. Use the SAMPLE mnemonic as an easy way to remember what you should ask about when you are taking the brief history. Define what each letter means and provide a brief description.
- S=
 - A=
 - M=
 - P=
 - L=
 - E=
52. Describe treatment for a **low blood sugar** (diabetic) emergency.
53. Describe procedure for treating a **seizure** on land and in the water.
54. Describe how to identify a **stroke**.
55. Describe how to care for **external bleeding**.
56. Describe how to care for **nosebleeds**.
57. Describe how to care for **eye injuries with an impaled object**.
58. Describe how to care for an **amputated finger**.

59. Describe how to care for **jellyfish stings**.

60. Describe how to care for **poisonings**.

61. Describe how to care for **heat-related emergencies**.

62. Describe how to care for **cold-related emergencies** like frostbite and hypothermia.

63. Describe how to care for **broken bones**.

64. Describe how to care for **emergency childbirth**.

Chapter 11 — Caring for Head, Neck and Spinal Injuries

Head, neck or spinal injuries often are caused by high-impact/high-risk activities.

65. Name 3 types of activities that can cause head, neck or spinal injuries.

66. Describe the signs and symptoms of head, neck, or spinal injuries.

67. Describe the **head-splint technique** for manual in-line stabilization for victims in the water.

68. Describe the steps of the **spinal backboarding procedure**.

69. Briefly explain how to perform the following skills to secure a victim suspected of having a spinal injury.

- Spinal backboarding procedure—shallow water

- Spinal backboarding procedure—deep water

- Spinal injury removal from the water on a backboard