

## Lifeguard Training Syllabus

Revised Nov 20, 2017

Session	Online Lessons Covered	Homework Assignments:
Precourse  <b>(Read PDF manual)</b>	<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"> <li>■ Read Chapters <b>1–6, 11</b> in manual.</li> <li>■ Complete <b>Packet Chapters 1-6, 11.</b></li> <li>■ Complete online lessons <b>1-6.</b></li> </ul> <p style="text-align: center;"><b>Complete before DAY 1.</b></p>
<b>Day 1 (LECTURE)</b>  Friday	<ul style="list-style-type: none"> <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> <li>■ Lesson 11: <b>Spinal Injuries</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Read Chapters <b>7-10</b> in manual.</li> <li>■ Complete <b>Packet Chapters 7-10</b> and all online lessons.</li> <li>■ Review for the CPR/AED for the Professional Rescuer and First Aid exam (in online course).</li> </ul> <p style="text-align: center;"><b>Complete before DAY 3.</b></p>
<b>Day 2 (EXAM &amp; LECTURE)</b>  Saturday	<p style="text-align: center;"><i><b>Lifeguard Exam (in-class written test)</b></i></p> <ul style="list-style-type: none"> <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>	<p style="text-align: center;"><b>Continue working on online homework.</b></p> <p style="text-align: center;"><b>Complete before DAY 3.</b></p> <p style="text-align: center;"><b>Take CPR test in online course.</b></p>
<b>Day 3 (POOL DAY)</b>  Sunday	<ul style="list-style-type: none"> <li>■ Meet at <a href="#">Water World</a>, 789 Middlegate Rd, Henderson, NV 89011</li> <li>■ Pool is <b>indoors</b>.</li> <li>■ Will perform all water rescue skills.</li> <li>■ Bring swim attire, lunch/snacks, water, towel, extra clothes, goggles (optional).</li> </ul> <p>Study your <b>online water rescue skill sheets</b> and <b>pool skills paper</b> attached to this packet to be prepared for the pool.</p>	<ul style="list-style-type: none"> <li>■ Complete the <b>Conclusion</b> in the <b>online course</b>, which includes taking the <b>CPR/AED for the Professional Rescuer and First Aid exam.</b></li> </ul> <p><i>The CPR exam will be taken through the <b>online course</b>.</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 Red Cross course*.**

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 athletes 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): \_\_\_\_\_

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

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



Name:

Date:

*Book Edition: 2017*

## 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

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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

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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

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*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

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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**

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### **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

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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

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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	<p>Heel of one hand in center of chest (on lower half of sternum) with the other hand on top</p>  	<p>Two fingers on the center of the chest (just below the nipple line)</p> 	
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

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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