

Las Positas College
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Course Outline for KIN LG

LIFEGUARDING

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN LG — LIFEGUARDING — 1.50 units

This course is designed to provide the students with the knowledge and skills to prevent, recognize and respond to emergencies and to provide care for injuries and sudden illness until emergency medical services arrive and take over. Upon successful completion of the Lifeguarding course requirements and exams, students will earn American Red Cross certificates. The Lifeguarding/First Aid certificates are valid for three (3) years, and the CPR/AED portion is valid for one (1) year. The student must be 15 years of age on or before the final scheduled session of the course.

1.00 Units Lecture 0.50 Units Lab

Strongly Recommended

KIN SWF1 - Swimming for Fitness 1
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Kinesiology

	MIN
Lecture Hours:	18.00
Lab Hours:	27.00
Total Hours:	45.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINSWF1

1. Organize a training goal based upon aquatic training principles.
2. Recognize the benefits of cardiovascular endurance.
3. Recognize the effect cross training and strength training have on performance

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Assess common hazards associated with various types of aquatic facilities and develop the knowledge and skills to eliminate such hazards;
- B. Identify a person in distress or actively drowning and effectively rescue that person;
- C. Demonstrate the essential skills for lifeguarding;
- D. Demonstrate the ability to perform CPR and rescue breathing;
- E. Demonstrate the ability to perform First Aid.

V. CONTENT:

- A. Pre-course evaluation
 1. Verification of Age
 2. Prerequisite swimming skills evaluation
- B. The Professional Lifeguard and Injury Prevention
 1. Characteristics
 2. Decision Making
 3. Legal Considerations
 4. The Lifeguard Team
 5. How Facility Management Promotes Lifeguard Professionalism
 6. Preventing Injuries
 7. Safety Checks
 8. Weather Conditions
 9. Management and Safety

- 10. Rescue Equipment
- 11. Entries and Approaches
- 12. In-Water skill session
 - a. Entries
 - b. Stride and compact jump
 - c. Rescue approaches – front crawl and breaststroke
- C. Patron Surveillance and Emergency Preparation
 - 1. Patron Surveillance
 - 2. Victim Recognition
 - 3. Effective Scanning
 - 4. Emergency Action Plans
 - 5. In-Water Activity
 - a. Lifeguard rotation
 - b. Victim recognition
- D. Rescue Skills
 - 1. General Procedures for Water Emergencies
 - 2. In-Water Skill
 - a. Simple assist
 - b. Extension assist from the deck
 - c. Reaching assist with equipment
 - d. Throwing assist
 - e. Swimming extension rescue
 - f. Active drowning victim rear rescue
 - g. Passive drowning victim rear rescue
 - h. Two-person removal from the water with a backboard
- E. Before Providing Care and Rescue Skills
 - 1. Final Written Exam: Recognition and Response
 - 2. Before providing care
 - 3. Standard precautions
 - 4. Land skill session: removing gloves
 - 5. Resuscitation masks
 - 6. General procedures for injury or sudden illness on land
 - 7. Initial assessment
 - 8. Emergency moves
 - 9. Rescue skills, part 2
 - 10. In-Water skill session
 - a. Passive submerged victim—shallow water
 - b. Multiple-victim rescue
 - c. Feet-first surface dive
 - d. Submerged-victim—deep water
 - e. Front and rear head-hold escapes
- F. Breathing and Cardiac Emergencies
 - 1. Breathing emergencies
 - 2. Rescue breathing
 - 3. Land skill session: rescue breathing
 - 4. Bag-valve-mask
 - 5. Land skill session: using a bag-valve-mask—2 rescuers
 - 6. Airway obstruction
 - 7. Land skill session: airway obstruction: conscious and unconscious choking
 - 8. The cardiac chain of survival
 - 9. Signs and symptoms of a heart attack
 - 10. Cardiac arrest
 - 11. CPR
 - 12. Land skill session: CPR
- G. Two-Rescuer CPR and AED
 - 1. Two-rescuer CPR
 - 2. Land skill session: Two rescuer CPR
 - 3. Introduction to AEDs
 - 4. When the heart stops and AEDs
 - 5. Using an AED
 - 6. Land skill session: Using an AED
 - 7. AED/CPR Skill Scenarios
 - 8. Final Written Exam: CPR/AED for the Professional Rescuer/Lifeguard
- H. First Aid
 - 1. Secondary Assessment
 - 2. Land skill session: Secondary Assessment
 - 3. Sudden Illness
 - 4. Wounds
 - 5. Land skill session: Controlling External Bleeding
 - 6. Caring for shock
 - 7. Heat and Cold related emergencies
 - 8. Land and In-Water skill session: First Aid Scenarios
- I. Injuries to muscles, bones, and joints and caring for head, neck, and back injuries
 - 1. Injuries to muscles, bones, and joints
 - 2. Land skill session: Splinting
 - 3. Caring for head, neck and back injuries
 - 4. Land skill session: In-Line stabilization for a head, neck, or back injury on land
 - 5. Caring for head, neck, or back injuries in the water
 - 6. In-Water skill session: Manual in-line stabilization techniques

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Skill Practice
- C. Video

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities: on land and in-water
- B. Written Exam: Lifeguarding
- C. Scenario: perform required actions for an unconscious adult without a pulse

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
Three per semester.
- B. Other
 - 1. Methods
 - a. Written Examinations: 3
 - b. Skill proficiency; in-water, first-aid, and CPR
 - c. Scenarios

IX. TYPICAL TEXTS:

- 1. The American Red Cross *Lifeguard Training.*, Staywell, 2007.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Swim suit