

Oxford College
PE 113 – Lifeguard Training
MWF 11:45 – 12:35
Fall 2005

Instructor: Anthony Gonzales
E-mail: gonza5@emory.edu
Phone: 770-784-4675

Office: Williams Gym
Hours: MWF 9:30-10:30
TR 9:30-10:00, 2:00-2:30
OR By Appointment

Course Description: Covers skills and knowledge required for effective lifeguarding at swimming facilities.

Course Objectives: The primary purpose of the American Red Cross Lifeguarding program is to provide entry-level lifeguard candidates with the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over.

Required Text: American Red Cross. (2001). Lifeguard Today.

Week Of:

Activity:

Aug 29	Introduction to Lifeguard Training and Professional Lifeguarding
Sept 5	Benefits, Responsibilities, Decision Making, Legal Considerations
Sept 12	Lifeguard Team, Facilities, Preventing Injuries, Communication
Sept 19	Entries/Approaches, Scanning, EAP
Sept 26	Victim Recognition & Rescue Skills
Oct 3	Extensions, Active/Passive/Multiple Drowning, Escapes
Oct 10	Continue Rescue Skills
Oct 17	PDT, Primary Survey, Masks, Procedures
Oct 24	Breathing Emergencies
Oct 31	CPR for the Professional Rescuer
Nov 7	Two Person CPR, BVM, Checkoffs
Nov 14	Sudden Illness, Bleeding, Muscle/Bones/Joints
Nov 21	Head and Neck Injuries, Backboarding - Shallow
Nov 28	Head and Neck Injuries, Backboarding - Deep
Dec 5	Written Test (Mon), Scenario Test (Wed, Fri)
Dec 12	Scenario Testing (Mon)

* Schedule is subject to change

Attendance: Students will be expected (and highly recommended) to attend every class. Three (3) or more unauthorized absences will result in a failure (F) of the class. Students are expected to be in class and ready to work on time. Individuals who are tardy to class will not be tolerated.

Evaluation: Each participant must be able to successfully demonstrate the required skills listed on the appropriate Skills Checklist for the course. Participants must pass the written test with 80% or better and pass the water scenarios to pass the class and receive **American Red Cross Lifeguarding, CPR for the Professional Rescuer.**

Grading Scale: Due to the uniqueness of this class and the standards represented by the American Red Cross, the following is the grading scale for this class.

A = 80% - 100% on exam, pass all skills & scenarios

C = 60% - 79% on exam, missing skills

F = 0% - 59% on exam, missing skills or 3 or more absences

*NOTE: Participants who earned an A will receive the American Red Cross certification in Lifeguarding and CPR Pro. If you earned a C or F will not receive American Red Cross certifications.

Attire: Students are expected to be prepared to enter the water each day. On Rescue Breathing/CPR days students can wear comfortable clothes but should be prepared to enter the water (in other words...bring your swimsuits every day).

Honor Code: Article 2.A "A student's signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others."