

Oxford College
PE 113 – Lifeguard Training
TR – 11:30 – 12:45
Fall 2005

Instructor: Anthony Gonzales
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Office: Williams Gym
Hours: MW 11:45 – 12:45
TR 9:30 – 10:00
Or By Appointment

Course Description: Cover introductory lifeguard 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:
Jan 19	Pre-Test Swim, What is Lifeguard Training?
Jan 23	NO CLASS – Must Put In Swimming Hours During OPEN SWIM
Jan 30	The Professional Lifeguard and Injury Prevention
Feb 6	Patron Surveillance and Emergency Preparation
Feb 13	Rescue Skills
Feb 20	Before Providing Care and Breathing Emergencies
Feb 27	Cardiac Emergencies
Mar 6	Finish Breathing & Cardiac Emergencies
Mar 13	NO CLASS – SPRING BREAK
Mar 20	First Aid
Mar 27	Head, Neck, Back Injuries in Shallow Water
Apr 3	Head, Neck, Back Injuries in Deep Water
Apr 10	Finish Head, Neck, Back Injuries
Apr 17	Written Test
Apr 24	NO CLASS – Must Put In Swimming Hours During OPEN SWIM
May 1	Scenarios

* 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. Every two (2) tardies will be counted as an absence. Students are responsible for all information/activities done in class whether they are attended or not.

Fees: Students are required to pay a small fee once they completed the lifeguard pre-test. Fees will include the textbook, rescue mask, and certification cards and processing from the American Red Cross.

Open Swim Practice: Students are recommended to practice their swimming skills a minimum of one (1) hour each week. The only time this is required is during the following weeks: January 23 and April 24. Sign in and out sheets will be provided in the pool and must be initialed by the lifeguards on duty. If you do not fulfill this requirement, the highest grade you will be able to receive will be a B.

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 and First Aid.**

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, lap swim

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

C = 70% - 79% on exam, missing skills or 3 or more absences

D = 60% - 69% on exam, missing skills or 3 or more absences

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 for the Professional Rescuer. If you earned a C, D 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."