
GUIDELINES FOR CONDUCTING SHALLOW WATER LIFEGUARDING TO LIFEGUARDING BRIDGE COURSE

The purpose of the bridge course is to give individuals with current Shallow Water Lifeguarding certification the opportunity to demonstrate and gain additional knowledge, skills and certification in the American Red Cross Lifeguarding program. Upon successful completion of the bridge course, participants will receive an American Red Cross certificate indicating Lifeguarding/First Aid/CPR/AED, which is valid for 2 years.

This bridge course requires the instructor to review content that appears in both the Lifeguarding and

Shallow Water Lifeguarding courses, including CPR/AED, first aid and shallow-water rescue skills. Additionally, the instructor must teach the deep-water rescue skills that appear in the Lifeguarding course. The instructor uses the *Lifeguarding Instructor's Manual*, in combination with the outline below, to conduct the classroom and in-water skill sessions. Each participant should have the opportunity to view video segments, practice and perform skills for evaluation and complete the final written exams.

SHALLOW WATER LIFEGUARDING TO LIFEGUARDING BRIDGE OUTLINE

L—Lecture/Guided Discussion

A—Activity

V—Video

LSP—Land Skills Practice

WSP—Water Skills Practice

Session 1				
Lesson	Title	Method	Skills	Time
Precourse Session	Introduction to the Course	A		5 minutes
Precourse Session	Verification of Prerequisite Certification	A		5 minutes
Precourse Session	Lifeguarding Course: Prerequisite Swimming Skills Evaluation	A	<ul style="list-style-type: none"> ■ Prerequisite 1—300-Yard Swim ■ Prerequisite 2—Tread Water ■ Prerequisite 3—Timed Event 	40 minutes
1	Entries and Approaches <ul style="list-style-type: none"> ■ Skill Practice and Skill Drill 	WSP	<ul style="list-style-type: none"> ■ Slide-In Entry and Walking Approach ■ Slide-In Entry and Swimming Approach ■ Stride Jump and Swimming Approach ■ Compact Jump and Swimming Approach 	20 minutes
2	Putting It All Together: Activities 1 and 2	A	<ul style="list-style-type: none"> ■ Round Robin Brick Drill ■ Rescue Tube Relay 	20 minutes
5	Standard Precautions	L/LSP	<ul style="list-style-type: none"> ■ Removing Disposable Gloves 	5 minutes
5	Performing a Primary Assessment—Adult	L/V/LSP	<ul style="list-style-type: none"> ■ Primary Assessment—Adult ■ Modified H.A.IN.E.S. 	15 minutes
5	Using a Resuscitation Mask	V/LSP	<ul style="list-style-type: none"> ■ Head-Tilt/Chin-Lift Technique ■ Jaw-Thrust (With Head Extension) Maneuver ■ Jaw-Thrust (Without Head Extension) Maneuver 	10 minutes
5	Performing a Primary Assessment—Child or Infant	L/V/LSP	<ul style="list-style-type: none"> ■ Primary Assessment—Child or Infant ■ Modified H.A.IN.E.S. 	15 minutes
5	Giving Ventilations	L/V/LSP	<ul style="list-style-type: none"> ■ Giving Ventilations—Adult ■ Giving Ventilations—Child or Infant 	10 minutes
5	Giving Ventilations Using a Bag-Valve-Mask Resuscitator	L/LSP	<ul style="list-style-type: none"> ■ Giving Ventilations Using a Bag-Valve-Mask Resuscitator—Two Rescuers 	10 minutes
5	Airway Obstruction <ul style="list-style-type: none"> ■ Conscious Victims 	V/LSP	<ul style="list-style-type: none"> ■ Conscious Choking—Adult and Child ■ Conscious Choking—Infant 	15 minutes
Approximate Time: (without breaks)				2 hours, 50 minutes

Session 2				
Lesson	Title	Method	Skills	Time
6	CPR	L/V/LSP	<ul style="list-style-type: none"> ■ CPR—Adult and Child ■ CPR—Infant 	20 minutes
6	Two-Rescuer CPR	L/V/LSP	<ul style="list-style-type: none"> ■ Two-Rescuer CPR—Adult and Child ■ Two-Rescuer CPR—Infant 	10 minutes
6	When the Heart Stops and AEDs	L		5 minutes
6	Using an AED	V/LSP	<ul style="list-style-type: none"> ■ Using an AED—Adult, Child or Infant 	5 minutes
7	Responding to Sudden Illnesses	V		5 minutes
7	Responding to Injuries	V		5 minutes
7	Responding to Injuries <ul style="list-style-type: none"> ■ Controlling Bleeding 	LSP	<ul style="list-style-type: none"> ■ Controlling External Bleeding 	15 minutes
7	Responding to Injuries <ul style="list-style-type: none"> ■ Injuries to Muscles, Bones and Joints 	LSP	<ul style="list-style-type: none"> ■ Splinting: Arm ■ Splinting: Leg or Foot 	20 minutes
7	Putting It All Together—First Aid Scenarios	A		15 minutes
7	Caring for Head, Neck and Spinal Injuries on Land	L/V/LSP	<ul style="list-style-type: none"> ■ Standing Victim ■ Nonstanding Victim 	20 minutes
3	Rescue Skills, Part 1: Rescues at or Near the Surface <ul style="list-style-type: none"> ■ Skill Practice and Skill Drill 	WSP	<ul style="list-style-type: none"> ■ Reaching Assist from the Deck ■ Simple Assist ■ Active Victim Front Rescue ■ Active Victim Rear Rescue ■ Passive Victim Rear Rescue ■ Multiple Victim Rescue 	30 minutes
			Approximate Time: <i>(without breaks)</i>	2 hours, 45 minutes

Session 3				
Lesson	Title	Method	Skills	Time
7	When Things Do Not Go As Practiced	V		5 minutes
4	In-Water Skill Session: Rescue Skills, Part 2: Submerged Victim Rescues	WSP	<ul style="list-style-type: none"> ■ Submerged Victim in Shallow Water ■ Feet-First Surface Dive in Deep Water ■ Head-First Surface Dive in Deep Water ■ Submerged Victim Rescue in Deep Water ■ Two-Person Removal from the Water Using a Backboard 	60 minutes
5	In-Water Skill Session: Putting It All Together <ul style="list-style-type: none"> ■ Skill Drill 	A	<ul style="list-style-type: none"> ■ Submerged Passive Victim in Deep Water ■ Two-Person Removal from the Water Using a Backboard ■ Putting on Gloves with Wet Hands ■ Using a Bag-Valve-Mask Resuscitator—Two Rescuers 	30 minutes
7	In-Water Skills Session—When Things Do Not Go As Practiced	WSP	<ul style="list-style-type: none"> ■ Front-Head Hold Escape ■ Rear-Head Hold Escape ■ In-Water Ventilations—Shallow Water ■ In-Water Ventilations—Deep Water 	30 minutes
6	In-Water Skill Session: Putting It All Together <ul style="list-style-type: none"> ■ Skill Drill—Timed Response ■ Skill Drill—Multiple-Rescuer Response 	A	<ul style="list-style-type: none"> ■ Submerged Passive Victim in Deep Water ■ Two-Person Removal from the Water Using a Backboard (2 minutes) ■ Primary Assessment—Adult ■ One-Person CPR (3 minutes) 	30 minutes
			Approximate Time: <i>(without breaks)</i>	2 hours, 45 minutes

Session 4				
Lesson	Title	Method	Skills	Time
8	In-Water Skills Session: Head, Neck and Spinal Injuries Skills Practice—Shallow Water	WSP	<ul style="list-style-type: none"> ■ Head Splint—Face-Up Victim in Shallow Water ■ Head Splint—Face-Down Victim in Shallow Water ■ Head Splint—Submerged Victim in Shallow Water ■ Spinal Backboarding Procedure in Shallow Water 	80 minutes
8	In-Water Skills Session: Head, Neck and Spinal Injuries Skill Practice—Deep Water	WSP	<ul style="list-style-type: none"> ■ Head Splint—Face-Up Victim in Deep Water ■ Head Splint—Face-Down Victim in Deep Water ■ Head Splint—Submerged Victim in Deep Water ■ Spinal Backboarding Procedure in Deep Water 	80 minutes
			Approximate Time: <i>(without breaks)</i>	2 hours, 50 minutes

Session 5				
Lesson	Title	Method	Skills	Time
8	Final Written Exam: Section 1—CPR/AED for the Professional Rescuer and First Aid	A		40 minutes
9	Final Written Exam: Section 2—Lifeguarding Skills	A		30 minutes
9	Final In-Water Skill Scenarios	A	<ul style="list-style-type: none"> ■ Scenario 1: Head, Neck or Spinal Injury in Shallow Water ■ Scenario 2: Active Victim in Deep Water ■ Scenario 3: Submerged Passive Victim in Deep Water—Timed Response 	100 minutes
	Closing	L		10 minutes
			Approximate Time: <i>(without breaks)</i>	2 hours, 50 minutes
			Total Course Time: <i>(without breaks)</i>	14 hours