



# Strath Haven High School Syllabus



Course- Lifeguard Training

Grades- 9 - 12

Resource link: [www.shhslifeguardtraining.wikispaces.com](http://www.shhslifeguardtraining.wikispaces.com)

Contact information – [creid@wssd.org](mailto:creid@wssd.org)

Course # 9855

Credit .5

Ph# 610.892.3400

## I. Course Description

Students will be offered the opportunity to earn American Red Cross certification in Lifeguard Training, Water Safety Instruction, First Aid and Safety, CPR, and AED training. The topics of disaster preparedness, safety and emergency response will be studied in a variety of situations. Students will develop a greater appreciation for the seriousness of this training by learning about biomedical realities for related medical emergencies. Students will also develop analytical skills and the ability to assess safety risks in various practical settings.

## II. Course Objectives and Standards

The student will:

- ✓ Develop injury prevention and management strategies for personal, family and community health.
- ✓ Demonstrate ways to avoid and reduce threatening situations.
- ✓ Analyze public health policies and government regulations directed toward health promotion and disease prevention.
- ✓ Demonstrate refusal, negotiation and collaboration skills to avoid potentially harmful situations.
- ✓ Analyze the role of individual responsibility to influence and support others in enhancing life skills and healthy choices.
- ✓ Assist and support our students and community with knowledge, perseverance and preparations needed to lifeguard and instruct swim lessons.

## III. Areas of Study

### A. Lifeguard Training Principles

- Lifeguard responsibilities and professionalism on the job.
- Safety rules and enforcement at the workplace.
- Primary and secondary duties of a lifeguard.
- Swimming mechanics, teaching lessons and entries. Water sports and games.
- Equipment regulations, various uses for equipment on land & water and safety standards for pools.
- Incident reports and debriefing.
- Surveillance and scanning techniques, emergency plan activation.
- Rescue strategies, search and rescue patterns and escapes.
- Spinal board management and injury removal.

## B. First Aid and Safety Procedures

- Cardiac and Respiratory emergencies, CPR/AED
- Accidents, fatalities and bleeding casualties
- Disease transmission, awareness and prevention
- Bites, Burns and Poisonings.
- Shock and seizures
- Heat and Cold related emergencies
- Choking victim – conscious and unconscious
- Fractures, Splinting, Wound care and other athletic training principles
- First Responder responses, calling in a rescue, 911 and EMS support teams.

## IV. Attire Requirements

One piece swim suits/trunks, goggles, towels and proper foot wear

## V. Assessments

- ✓ Class and water participation
- ✓ Written assignments, reflection papers, article research
- ✓ Peer observations, skill checklist, rubric grading with cues, pre-requisite swim test
- ✓ Quizzes, Exams, American Red Cross Standardized tests
- ✓ Notebook checks with course content, worksheets and class notes
- ✓ Group presentations and role play

## VI. Grading Policy

Students must receive **80%** or higher in order to hold American Red Cross certifications. If at any time, the student fails a water or written exam, they are given the opportunity to retake all tests one more time.

## VII. Class Fees

Each student will be responsible for the cost(s) of course certification cards, medical supplies and processing fees. Students may purchase their own textbook and additional rescue equipment, such as breathing barriers and rubber gloves for cost from the American Red Cross.

Class certifications are reported to the ***Chester-Wallingford American Red Cross Chapter***. If you lose your card(s), or need information, resources or certification renewals please contact the chapter for guidance.

***Local Resource: American Red Cross - Chester/Wallingford Chapter***  
***Chester, PA*** 610.874.1484 <http://www.redcross.org/>

### **Card Certification Timeline:**

**LGT, Lifeguard Training= 3 years**   **CPR/AED, for the Professional Rescuer= 1 year**

**Re-certification CPR/AED, for the Professional Rescuer = 2 years**

**FAS, First Aid & Safety for the Professional Rescuer = 3 years**

**WSI, Water Safety Instruction = 2 year**

