

# Blended Learning Intensive Course Outline

## Lifeguarding



Shallow Water Lifeguarding Aquatic Attraction Lifeguarding,  
Oxygen Administration & Narcan Module

<b>Pre-course Swim Sessions - \$100 due 2/19</b>			
<b>Instruction:</b>		<b>Feb 19<sup>th</sup></b>	<b>7 pm – 8 pm</b>
Practice on your own		Feb 20 <sup>th</sup>	8 am to 10 am
<b>Instruction:</b>		<b>Feb 26<sup>th</sup></b>	<b>7 pm – 8 pm</b>
Practice on your own		Feb 27th	8 am to 10 am
<b>Instruction</b>		<b>March 5<sup>th</sup></b>	<b>7 pm – 8 pm</b>
Practice on your own		March 6 <sup>th</sup>	8 am to 10 am
Pre-requisite Swim Test		March 9th	7 pm to 8 pm

<b>MARCH 16 6 PM TO 9:00 PM</b> <b>Lessons 1 &amp; 2</b>			
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<b>Lesson 1: The Professional Lifeguard and Setting the Stage for Safety</b>	<b>Lesson</b>	<b>Location</b>	<b>Time: 1 hr</b>
Introduction to the Course	1	Classroom	15 minutes
Professionalism on the Job	1	Classroom	10 minutes
Deck Activity—Ready to Respond –	1	Deck	5 minutes
In-Water Skills Session – Entries and Approaches	1	Deck	30 minutes

  

<b>Lesson 2: Surveillance and Preventing Lifeguarding</b>	<b>Lesson</b>	<b>Location</b>	<b>Time: 2 hrs</b>
The Lifeguard's Role in Preventing Drowning Incidents	2	Classroom	5 minutes
▷ Surveillance	2	Classroom	40 minutes
▷ Surveillance Activity II—Scanning	2	Classroom	20 minutes
Deck Activity – Visibility Drill	2	Deck	20 minutes
Deck Activity—Scanning and Rotations-	2	Deck	20 minutes
In-Water Skill Session—Drowning School	2	Pool/Deck	15 minutes

<b>MARCH 23 PM TO 9:30 PM</b> <b>Lesson 3 &amp; 4</b>			
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<b>Lesson 3: Responding to Emergencies and Rescue Skills – Part 1</b>	<b>Lesson</b>	<b>Location</b>	<b>Time: 2 hrs</b>
In-Water Skill Session—Assists	3	Pool/Deck	10 minutes
In-Water Skill Session—Active at or Near the Surface*	3	Pool/Deck	20 minutes
In-Water Skill Session—Passive at or Near the Surface	3	Pool/Deck	20 minutes
In-Water Skill Session—Active and Passive Skill Drill*	3	Pool/Deck	30 minutes
In-Water Skill Session—Putting It All Together: Implementing an EAP	3	Pool/Deck	30 minutes

  

<b>Lesson 4: Rescue Skills – Part II</b>	<b>Lesson</b>	<b>Location</b>	<b>Time 2.25 hrs</b>
In-Water Skill Session—Submerged	4	Pool/Deck	35 minutes
In-Water Skill Session—Rapid Extrication	4	Pool/Deck	35 minutes

Deck Activity—Putting on Disposable Gloves with Wet Hands	4	Deck	5 minutes
In-Water Skill Session—Putting It All Together: Submerged Rescue and Rapid Extrication	4	Pool/Deck	60 minutes

<b>APRIL 6<sup>TH</sup>: 6 pm to 9 pm.</b> <b>Lesson 5 &amp; 6</b>			<b>Time: 3 hrs</b>
<b>Topic – Lesson 5: Lowering the Risk for Infection, Rapid Assessment and Ventilations.</b>	<b>Lesson</b>	<b>Location</b>	<b>Time: 2 hrs</b>
Lowering the Risk for Infection	5	Classroom	10 minutes
Rapid Assessment	5	Classroom	15 minutes
Using a Resuscitation Mask	5	Classroom	15 minutes
Using a Bag-Valve-Mask Resuscitator	5	Classroom	10 minutes
In-Water Skill Session-Putting It All Together: Rescue, Extrication, Rapid Assessment and BVM	4	Pool/Deck	20 minutes
In-Water Activity-Lifeguard Station Response Time Testing	4	Deck	25 minutes
In-Water Skill Session—In-Water Ventilations	4	Pool/Deck	15 minutes
<b>Topic – Lesson 6: CPR, AED and Obstructed Airway Care</b>	<b>Lesson</b>	<b>Location</b>	<b>Time: 1 hr</b>
Cardiac Arrest			5 minutes
Providing High-Quality CPR			5 minutes
Single-Rescuer CPR (Infant)	6	Classroom	15 minutes
Two-Rescuer CPR (Adult/Child/Infant)	6	Classroom	15 minutes
Using an AED	6	Classroom	25 minutes
Obstructed Airway Care (Adult/Child)	6	Classroom	20 minutes
Obstructed Airway Care (Infant)	6	Classroom	10 minutes
Multiple-Rescuer Team Response	6	Classroom	5 minutes
<b>APRIL 20<sup>TH</sup> - 6 pm to 9 pm.</b> <b>Lesson 7</b>			<b>Time: 3 hr</b>
<b>Lesson 6 – CPR, AED, and Obstructed Airway Care</b>			<b>Time: 2 hr</b>
<b>Lesson 7 – First Aid for Sudden Illnesses and Injuries</b>	<b>Lesson</b>	<b>Location</b>	<b>Time: 1 hr</b>
<b>May 5<sup>th</sup>, 6 pm to 9 pm.</b>			
Secondary Assessment	7	Classroom	5 minutes
Breathing Emergencies	7	Classroom	15 minutes
Sudden Illnesses	7	Classroom	15 minutes
Decision-Making in First Aid Emergencies	7	Classroom	10 minutes
External Bleeding	7	Classroom	10 minutes
<b>Oxygen Administration &amp; Narcan Module</b>	-	Classroom	30 minutes

<b>MAY 4<sup>th</sup> - 6 pm to 10 pm</b> <b>Lesson 7 &amp; 8</b>			
<b>Lesson 7 -</b>			<b>Time: 2 hr</b>
In-Water Skill Session—Escapes	5	Pool/Deck	10 minutes
In-Water Skill Session – Multiple-Rescuer Team	5	Pool/Deck	30 minutes
In-Water Skill Session—Multiple Rescuer Team Response Scenarios (1-6)	6	Pool/Deck	90 minutes
<b>Lesson 8:</b>			<b>Time 2 hr</b>

<b>Lesson 8: Head, Neck and Spinal Injuries</b>			
▷ Surveillance Activity III—Recognition	8	Classroom	15 minutes
Head, Neck and Spinal Injuries	8	Classroom	10 minutes
In-Water Skill Session—Head, Neck and Spinal Injuries (Shallow Water)	8	Pool/Deck	60 minutes
In-Water Skill Session—Head, Neck and Spinal Injuries (Deep Water) *	8	Pool/Deck	30 minutes
<b>MAY 11<sup>th</sup>: 6 pm to 10 pm</b>			<b>4 hours</b>

<b>TOTAL COURSE INSTRUCTION TIME (excluding breaks and transition times)</b>		
Lifeguarding and Shallow Water Lifeguarding Aquatic Attraction Lifeguarding		
<b>TOTAL TIME FOR MEALS, BREAKS, TRANSITIONS</b>		
<b>TOTAL COURSE TIME</b>		<b>22 Hours</b>

**\*ALL SESSIONS ARE REQUIRED TO ATTEND.**

**\*MUST PASS THE FINAL SKILL ASSESSMENTS TO MEET THE OBJECTIVE**

**\*MUST PASS FINAL WRITTEN EXAM BY 80%**

**\*ANY MISSED CLASSES WILL NEED TO BE MADE UP. FEE CHARGED TO MAKE UP A SESSION.**

**\*IF SEVERAL STUDENTS CANNOT ATTEND A SESSION, WE WILL RESCHEDULE THAT SESSION.**

**\*TAKING THIS COURSE DOES NOT GUARANTEE YOUR EMPLOYMENT AT DOWNATA HOT SPRINGS.**

**COMPLETE EACH LESSON ONLINE PRIOR TO ATTENDING THE CLASS WHEN THE LESSON IS TAUGHT.**

The \$100 deposit will be returned to you in September if you work until the end of the season and you return your book. It is due on the first day of class. There will be no refund if you are a no-show, do not pass the course or end your employment prior to the end of the summer season.

\*When school starts in August, we are only open on Friday and Saturday, except for Labor Day Weekend. On Labor Day weekend, we are open on Friday, Saturday, Sunday, and Monday.

\*Starting Lifeguard Wage: \$12 per hour plus food discounts.

\*An employee qualifies for a family season pass if hours are at least 15 hours a week. This includes only the pool and slides. Hot Pools are exempt from the family pass. Only valid for immediate family members under 18 who are dependent on their parents' taxes. Older siblings do not qualify, nor do grandparents and friends.

\*You will be required to wear our lifeguard uniforms and return them at the end of the season. If employed, you will be issued the same bag with the uniform for the next season. The uniform deposit is \$300 and will only be charged if you do not return your bag and uniform.