

COURSE OUTLINE

Central Arizona College
8470 N. Overfield Road
Coolidge, AZ 85228
Phone: (520) 426-4210 Fax: (520) 426-4234

Prefix/Number: PAC207	
Course Title: Lifeguard Training	
Course Description: Minimum skills necessary for qualification as a non-surf lifeguard as stipulated in the American Red Cross Lifeguard Training Certification program. May be taken two times for credit. A water proficiency test will be given at the beginning of the course.	
Semester Hours: 1	Times for Credit: 2
Lecture/Lab Ratio: 3 lab	
Pre-requisites: Adult CPR and Standard First Aid certification; water proficiency test.	
Co-requisites: None	
Cross Listed: None	
Grading Options: A/F and S/U	
Approved Modalities: Lab	



Learning Outcome Statements:	Standards:
<p>Upon completion of this course the student will be able to:</p> <ol style="list-style-type: none">1. Demonstrate the basic swimming strokes to include the crawl stroke, the breaststroke, the elementary backstroke and the sidestroke.2. Demonstrate skills of lifeguarding including entering the water, swimming, approaching the victim, use of equipment, first aid and cardiopulmonary resuscitation (CPR).3. Demonstrate surface dives to include feet first surface dive, pike surface dive, quick surface dive and a deck dive.4. Demonstrate and describe survival skills including emergency plans, rescues, search and recovery operation, spinal injury management, and special situations including environmental conditions.5. State the philosophy of the American Red Cross on lifeguard training.6. Describe the characteristics of a lifeguard including reliability, emotional stability, courtesy and consistency, physical fitness and attitude.7. Demonstrate and describe the appropriate knowledge of a lifeguard including rules and regulations, facility characteristics, chain of command and legal responsibilities.8. Demonstrate and describe the responsibility of ensuring the safety of the facility users including preventing injuries, response time, administration of first aid and communication.	<p>The student will meet the learning outcomes at the following level, degree or measurement:</p> <p>Refer to the American Red Cross Lifeguarding Instructor's Manual.</p>



9. Demonstrate and describe preventive lifeguarding including rules and regulations, facility capacities, supervision of swimmers and incident and injury charts.	
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Revised: 12/2004

